

LL1: ASSESSING ONE'S OWN LEARNING COMPETENCIES

First, complete the checklist by placing a checkmark in the appropriate column for each aspect.
Then, discuss the results in groups of three: How well can I do each of these things?

	somewhat	fairly	well
1. Managing the learning process			
Plan the effort and time required for learning appropriately			
Select and apply suitable learning techniques			
Reliably evaluate my learning success			
2. Processing information			
Structure and condense complex material			
Establish cross-references and integrate information into new contexts			
Memorize and practice			
3. Providing internal and external resources for learning			
Motivate and concentrate myself			
Manage information effectively			
Manage time effectively			
Organize my workspace appropriately			
Work effectively in a team			

[illegible]

LL3: WHAT DOES THIS IMPLY FOR MY EVERYDAY ACADEMIC LIFE?

Record your ideas on how the presented findings on learning as a constructive process could be applied concretely to your daily study and learning routine.

What could you do before, during, and after a lecture?

How might you incorporate these aspects when preparing for an examination?

[illegible]

LL5: WHAT DOES THIS IMPLY FOR MY DAILY ACADEMIC LIFE?

When reflecting on your study routine:

what advantages does 'rote memorization' offer you?

What advantages does 'understanding' the learning material provide?

[illegible]

[illegible]

LL8: WHAT DO I DO DURING THE LECTURE?

How do I ensure that I take away something meaningful from it?

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LL9: HOW DO YOU MEMORIZE THE EXAMINATION MATERIAL?

How do the exam contents make their way 'into your head'?

[illegible]

**LL10: WHICH OF THE MEMORIZATION
TECHNIQUES WOULD YOU LIKE TO TRY OUT,
FOR WHICH OCCASION, AND AT WHAT TIME?**

Which techniques?	For which occasion?	When?