

Unlock Your Mind:

Reflective and Adaptive Skills for Learning

➔ **Reflection and Metacognition**

- Reflecting on what has been learned
- Identify gaps, understand them and actively seek solutions
- Use working memory to integrate and link elements required for complex tasks

➔ **Openness to new perspectives**

- Be open to new ideas, different perspectives and divergent points of view.
- Willingness to question one's own beliefs
- Note information that may contradict or enrich existing representations.

➔ **Feedback and self-assessment**

- Integrate feedback to adjust their own representations.
- Be able to critically self-assess, examine their knowledge and recognize gaps in own understanding.

➔ **Active knowledge construction**

- Active, reflexive interaction between new knowledge and knowledge already acquired (adjusting representations) within the existing cognitive structure.
- Release cognitive load through automation of repeated tasks.

➔ **Awareness of cognitive biases**

- Be aware of the cognitive biases that can influence representations and their understanding: Tendency to seek out information that confirms existing beliefs, and to ignore information that contradicts them (system 1).

➔ **Emotion Regulation**

- Managing emotions (stress, anxiety, enthusiasm) to maintain commitment and concentration.
- Integrate moments of rest, mindfulness or relaxing activities to optimize learning, to stay motivated and efficient.