

AMaP Learning Model : Session 5



Participant's Name:

The AMaP LEARNING MODEL

Session 5

This booklet is for your own use to reflect on the session. It has additional exercises and information which you may like to use.

'We learn from failure not from success!'

Bram Stoker (Dracula)

Learning from mistakes or failures...



We all enjoy success, but how much do we learn from it? On the other hand, we all experience failure. How much do we learn from our mistakes or failures? We all carry about our 'bag' of failures and will dip into it when needed. We set our own criteria for our mistakes and failures.

It is impossible to live without making mistakes or experiencing failure but if we see them positively as growth points we can begin to realise the learning potential or emerging benefits:

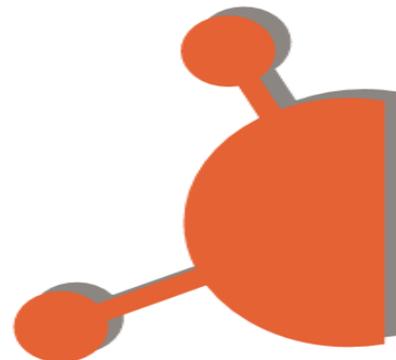
- ❖ Failure teaches us many things about ourselves
- ❖ Failure can help us discover our strengths
- ❖ Failure can help us emerge wiser and stronger from setbacks



Stop

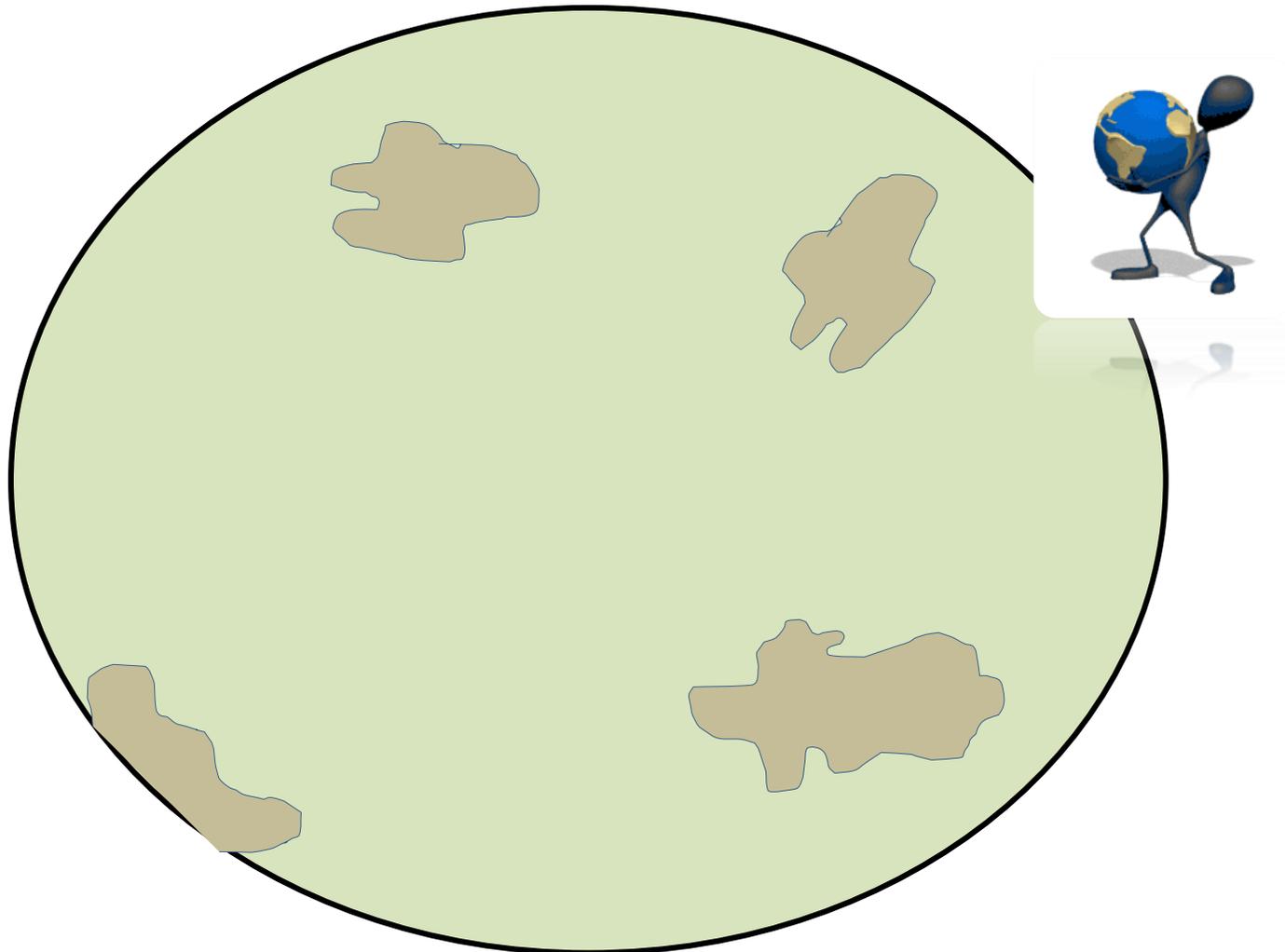
- telling yourself it's too late to start new learning for fear of failure
- telling yourself dreams don't matter
- fearing what family and friends will think or say about you

Close your bag and move on.....



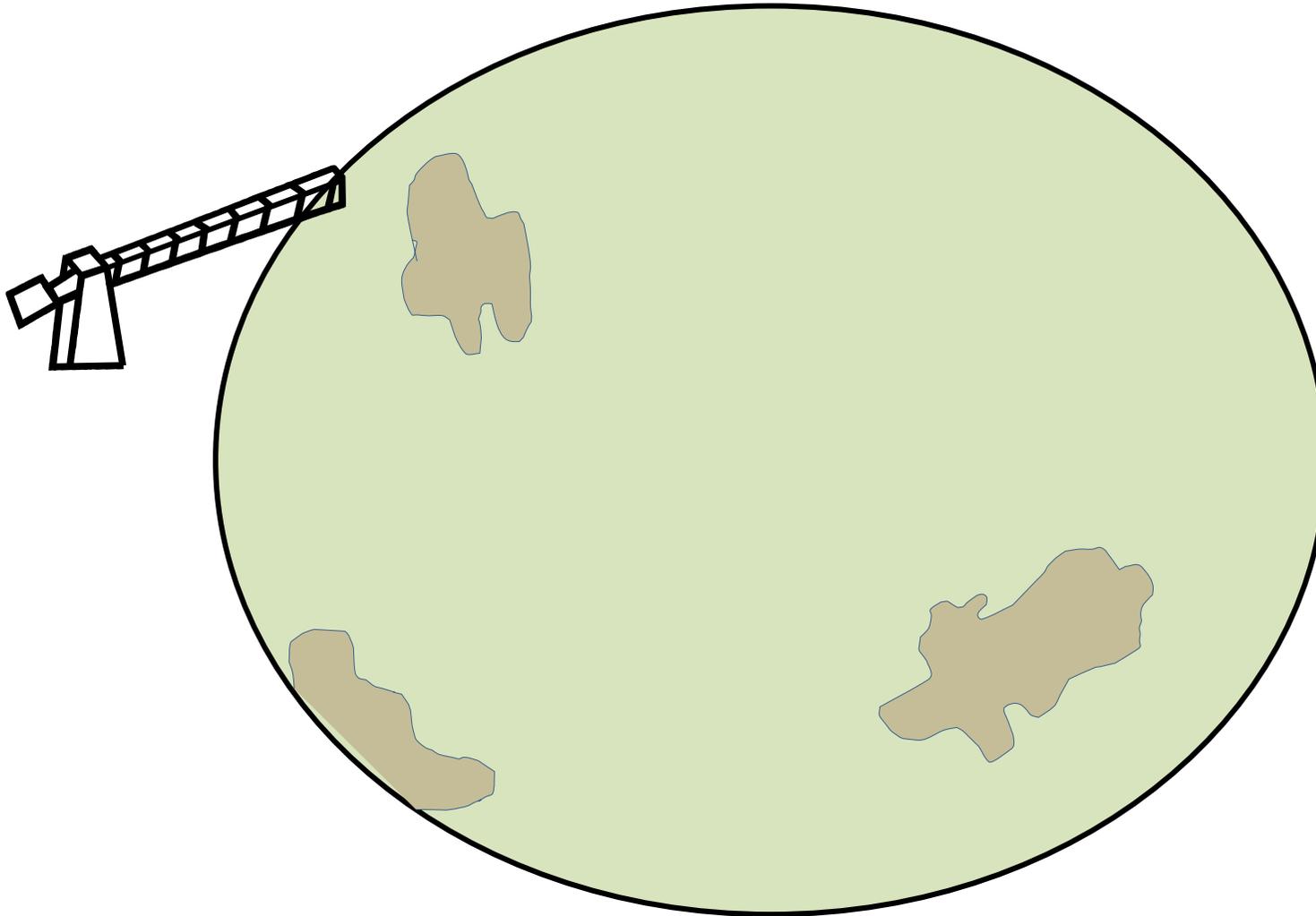
Comfort Zone 1

In Booklet 4 the idea of our comfort zone was identified - the place where we are at ease with the way things are, where we form our habits and patterns of life. This becomes our defined world or personal version of reality. Use the world below to illustrate your reality.

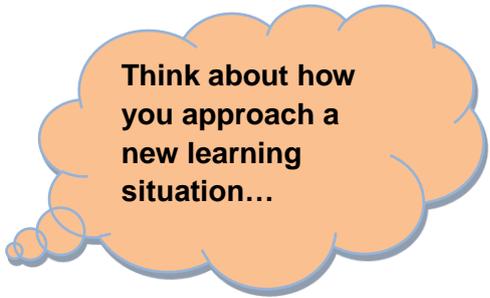


Comfort Zone 2

Think about your reality ...have you created barriers to learning? Can you change them?



Reflecting on Learning



Think about how you approach a new learning situation...

How did you learn to **Ride a Bicycle?**

Enthusiastic **Activist** - Leaping on the bicycle and having a go

Cautious **Reflector** - Thinking about riding a bicycle and watching how another person does it

Logical **Theorist**- Understanding the theory and having a clear grasp of the biking concept

Practical **Pragmatist** - Receiving practical tips and techniques from a biking expert

How did you learning to **Use a Computer?**

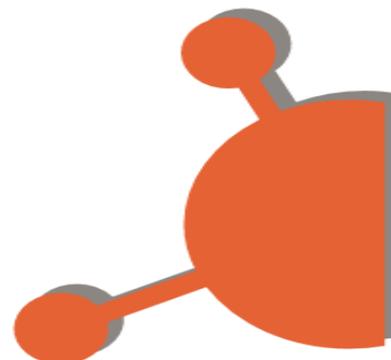
Enthusiastic **Activist** -Jumping in and doing it

Cautious **Reflector** - Thinking about what you just performed

Logical **Theorist** - Reading the manual to get a clearer grasp of what was performed

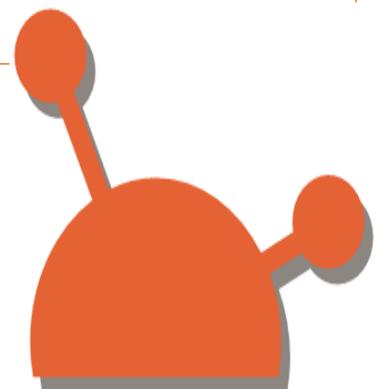
Practical **Pragmatist**- Using the help feature to get some expert tips

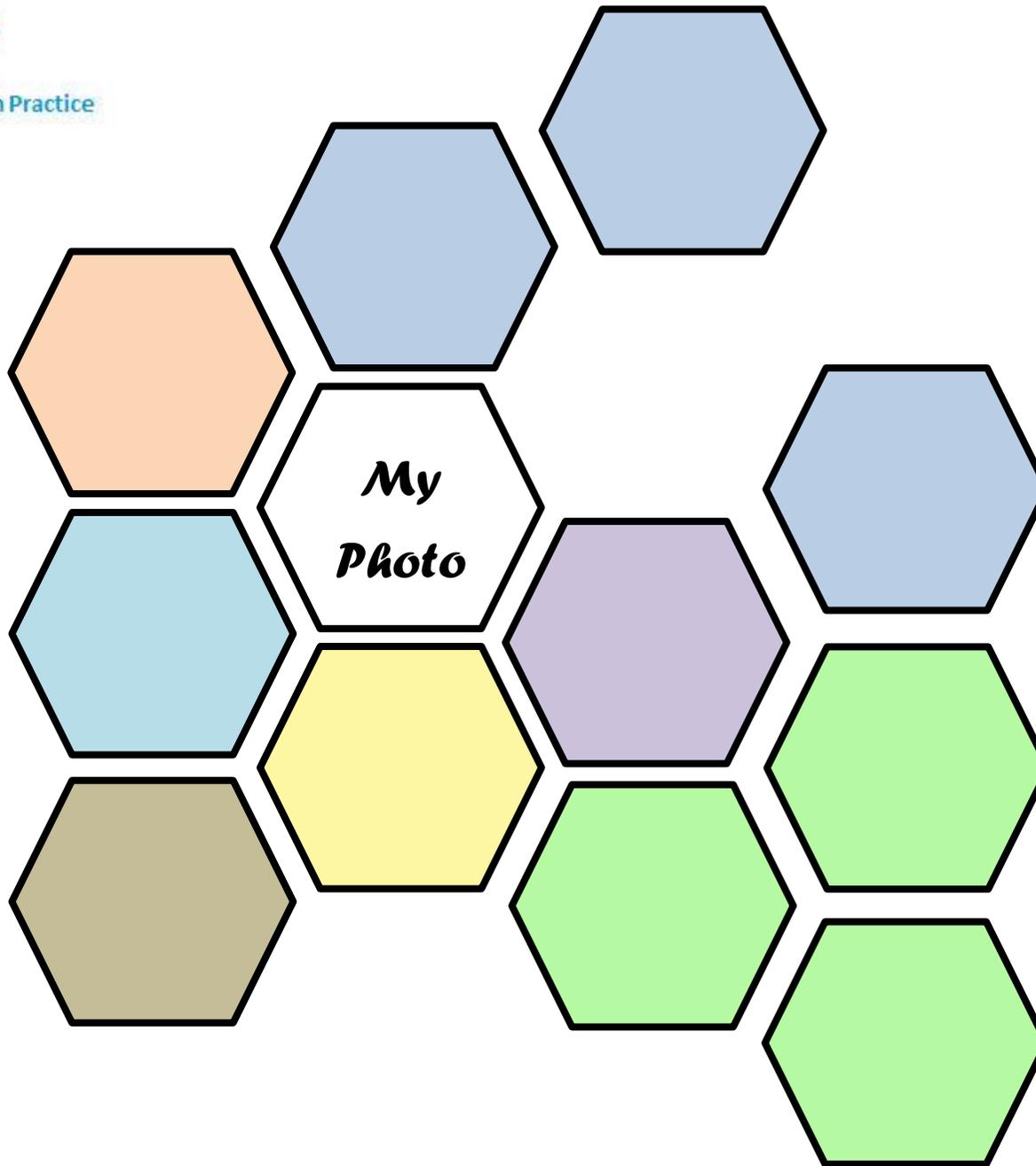
Choose other contexts or situations and think about your preferred way of learning.



This is how I learned to

This is how I learned to





Start your NEW mosaic now! 

