

# Awareness and Action Plan

Name \_\_\_\_\_ Date \_\_\_\_\_

Learning Activity \_\_\_\_\_ Instructor's Name \_\_\_\_\_

Topic(s) of Discussion \_\_\_\_\_ Meeting Time: From \_\_\_\_\_ To \_\_\_\_\_

Today's Format (check those that apply)

\_\_\_\_ Lecture \_\_\_\_ Discussion \_\_\_\_ AV Presentation \_\_\_\_ Internet Class \_\_\_\_ Other \_\_\_\_\_

1. Did I sit close to the action? (circle one) Yes    No  
If yes, what did I notice about my learning? \_\_\_\_\_  
If no, what did I notice about my learning? \_\_\_\_\_
2. Did I actively participate in the discussion? (circle one) Yes    No  
If yes, what did I do? \_\_\_\_\_  
What did I notice about my learning? \_\_\_\_\_  
If no, what did I notice about my learning? \_\_\_\_\_
3. Did I take notes? (circle one) Yes    No  
If yes, what did I notice about my learning? \_\_\_\_\_  
If no, what did I notice about my learning? \_\_\_\_\_
4. Was I prepared (e.g., doing the work as assigned)? (circle one) Yes    No  
If yes, what did I do to be prepared? \_\_\_\_\_  
What did I notice about my learning? \_\_\_\_\_  
If no, what did I notice about my learning? \_\_\_\_\_
5. Did I have a positive attitude about learning? (circle one) Yes    No  
If yes, why did I have this attitude? \_\_\_\_\_  
What did I notice about my learning? \_\_\_\_\_  
If no, why did I have this attitude? \_\_\_\_\_  
What did I notice about my learning? \_\_\_\_\_
6. Did I make any mistakes? (circle one) Yes    No  
If yes, what happened? \_\_\_\_\_  
What did I learn from it? \_\_\_\_\_

## After the Learning Activity

7. Did I choose an appropriate working environment? (circle one) Yes    No  
If yes, what did I notice about my learning? \_\_\_\_\_  
If no, what did I notice about my learning? \_\_\_\_\_
8. While reading, did I take notes or write down questions? (circle one) Yes    No  
If yes, what did I notice about my learning? \_\_\_\_\_  
If no, what did I notice about my learning? \_\_\_\_\_
9. In general, as a learner today, I was \_\_\_\_\_
10. Next time I plan to \_\_\_\_\_