Active Learning
Action Sheet

1. What does it mean to be an active learner?

2. Which one of the following types of learning is NOT representative of Active Learning?
   a) reflecting on your own learning
   b) pretending you are teaching someone else as a study technique
   c) having a goal or question to answer when studying
   d) writing things down
   e) cramming before an exam

3. What does “metacognition” mean?

4. What is your preferred learning style?

5. How would you go about being reflective on your learning?

6. Name four active learning processes you will use.