

I am able to be involved and concentrate.

I am able to show high levels of energy and fascination.

I am able to maintain focus on my activity for a period of time.

I show a belief that more effort or a different approach will pay off.

I show satisfaction in meeting my own goals.

I enjoy meeting challenges for my own sake rather than external rewards or praise.

I persist with activities when challenges occur.

Characteristics of Effective Learning

Active Learning

I am not easily distracted.

I will pay attention to details.

I will keep trying.

I am able to bounce back after difficulties.

I enjoy achieving what I set out to do.

I am proud of how I accomplished a task.

I am motivated.