

# Learning about Learning

*We can understand ourselves better by taking the time to review the process of learning the material in a unit. Fill in the unit number and name below and then make a mark on the bold line where you think you understanding of the unit's material falls. Then write you answers to the others questions below.*

Unit Number and Name \_\_\_\_\_

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**Knew none of this material before**

**Knew everything already**

What was your favorite learning experience in this unit and why? Do you usually enjoy this type of learning experience?

What was your least favorite learning experience and why? Do you usually find this type of learning experience challenging?

How did your understanding of the unit's subject matter change throughout the unit?

Was anything you learned particularly interesting? Why?

Write any other observations you have.

