

## Learning about Learning

We can come to understand ourselves better by taking the time to review the process of learning the material in a unit.

<b>Knew none of this material before</b>	<b>Knew everything already</b>
--	--------------------------------

What was your favorite learning experience 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 subject matter change throughout the unit?

Did you find anything you learned particularly interesting? Why?

Do you have any other observations?

