

Learning how to learn

Bill Lucas talks about the 5Rs – your learning muscles, these being:

- **Resourcefulness:** Knowing what to do when you don't know what to do!
- **Remembering:** This involves getting better at recalling processes and techniques that have helped you in the past and applying them in the present.
- **Resilience:** Developing staying power so that you can deal with the uncomfortable feelings you will get when you really stretch yourself.
- **Reflectiveness:** This involves harvesting the meaning from your learning so that you are continuously improving.
- **Responsiveness:** This involves adapting and changing as you put what you have learned into practice.

Questions

1. Have you ever heard about the 5Rs – your learning muscles – before?
2. Can you think of situations when you have used each learning muscle? Fill in the table below.

Learning muscle	Personal example
Resourcefulness	
Remembering	
Resilience	
Reflectiveness	
Responsiveness	

3. Do you use one of your learning muscles more than the others? Explain:
4. What might assist you to become a “better” learner?