**Transcript**

Module 1

"What is involved in a successful learning experience?"

In this module we'll look at how our brains learn; how our self-belief impact our ability to learn; the role motivation and self sabotage play; what active learning is, and how it differs from what you may have done in the past; and what meta-cognition and self regulated learning are, and what they have to do with success in learning.

So what else do you need to be a successful learner?

Be open minded - there are always new things we can learn

Try all the activities - and schedule time in to reflect back and revisit them again next term. You may find out just how much you've changed or things you've forgotten

There is a purpose behind EVERYTHING in this program - even if it isn't obvious at first.

Finally, there is no one-size fits all when it comes to learning. Instead its all about trying things out and finding what works for you!