

The Journey from Dependence to Independence

Five Rs: Reasoning Learners, Reflective Learners, **Resilient Learners**, Resourceful Learners, Responsible Learners

Resilient Learners

Defining learning characteristics of Stage 1 and 2 learners:

Persist	You stick at some things for short periods of time. You ask for help when things get difficult and then will have another go.
Have a positive attitude	With some encouragement you give most things a go. You find setbacks frustrating but with help find ways forward. You are learning to find positive things in whatever you do.
Stay involved	You sometimes allow yourself to be distracted. You need someone to start you off and to check on your progress from time to time. You will do things if you really want to, or are told to do so.
Set targets and practice	You have started to set yourself targets and to work towards them. You focus on what you are told. You are beginning to realise that practice is important and will when told to do so.

Defining learning characteristics of Stage 3 learners:

Persist	You stick at most things and will have a go even when things are difficult. You usually finish what you started to a reasonable standard.
Have a positive attitude	You enjoy a challenge when you think it is worthwhile. You are mostly positive about setbacks. You usually approach a task or challenge with some enthusiasm.
Stay involved	You usually stay involved and choose strategies to help you when you become distracted. You can concentrate for increasing periods of time. With some initial support you can get on with things by yourself.
Set targets and practice	You set yourself targets and can plan how to meet them. You focus on what you need to do. You usually decide for yourself when to practise so as to meet your targets.

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Defining learning characteristics of Stage 4 and 5 learners:

Persist	You stick at things until you've succeeded: if things are difficult you try different ways round this. You always finish what you started to a high standard.
Have a positive attitude	You always enjoy a challenge and get a lot out of it. You cope well with setbacks and always find ways forwards. You always remain positive throughout.
Stay involved	You can choose when and where to direct your attention. You find interest in whatever you are doing and can become completely absorbed. You can get yourself started and stay focussed. You will happily get stuck in to most tasks.
Set targets and practice	You set yourself quite challenging targets and plan in detail the steps you need to reach them. You focus on where you want to get in the long term. You practice regularly to meet your targets.