

## My learning adventure to success

### Metacognitive skill targeted:

Here's how to be a super student! You're getting a cool project to work on. Think of it as your secret learning weapon! It'll help you understand how your brain works when you're studying. **Thanks to it, you'll see what you're doing well and what you can improve to make learning easier.**

### When to use it?

The best time to do this is **right after you finish a task or learn something new**. Feel free to do it daily or from time to time.

### What you'll do?

This tool will show you what goes on in your head when you're learning. You'll discover what helps you learn and what causes you difficulty. It will help you learn even better! In time, you'll know how to plan your studies and how to check if you did well.

### What you need?

Here's what you'll need:

- a printed or on-screen a learning log template
- paper or a notebook for notes
- a pen or pencil
- peace and silence and concentration

## How to use it?

1. After you complete a task, for example, once you've learned a poem or written a story, try to answer the questions in this project.
2. Print or display this tool on your screen, page by page.
3. Read the instructions in order and answer honestly with what you think! You can write directly on the printed poster or in a dedicated notebook.
4. Our log has 4 pages. You'll be thinking and writing about:

Page 1: Celebrate your achievements!

Page 2: My challenges. How can I improve my learning?

Page 3: Help. How can I learn better?

Page 4: What inspires me? My ideas.

**Remember!** Everyone has successes and challenges. It's important to keep learning and growing, and to ask for help.

## About this template

Your learning log is like a map to your goal – better grades and joy in learning! It will help you think about what's difficult and how to overcome it. On each page, you'll find questions that will guide you on how to become a super student.

## Tips for reuse / continuation

The best time to use this tool is whenever you feel like you want to learn even better. Make your very own "idea bank" by keeping all your log or notes. This way, you'll see how your ideas change and how much you grow!



# MY LEARNING ADVENTURE TO SUCCESS



Please write your  
name here:

.....

## CELEBRATE YOUR ACHIEVEMENTS!

SHARE THREE REALLY GREAT THINGS YOU'VE  
ACHIEVED IN SCHOOL, OR WHEN YOU WERE  
LEARNING SOMETHING NEW!



.....

...

.....

.....

THINK ABOUT WHY THOSE SUCCESSES  
ARE SPECIAL TO YOU. WRITE DOWN ONE  
OR TWO IDEAS!



.....

...

.....

.....



Co-funded by  
the European Union

 **Cogni  
Quest**

## MY CHALLENGES

HOW DO YOU FEEL WHEN YOU FACE CHALLENGES WHILE LEARNING?

NAME THREE TASKS OR SITUATIONS FROM SCHOOL OR LEARNING THAT GIVE YOU A HARD TIME.

## HOW CAN I IMPROVE MY LEARNING?

THINK OF THREE WAYS THAT COULD HELP YOU GET THROUGH TOUGH TIMES. DON'T FORGET, IT'S TOTALLY OKAY TO ASK OTHERS FOR HELP!



Co-funded by  
the European Union

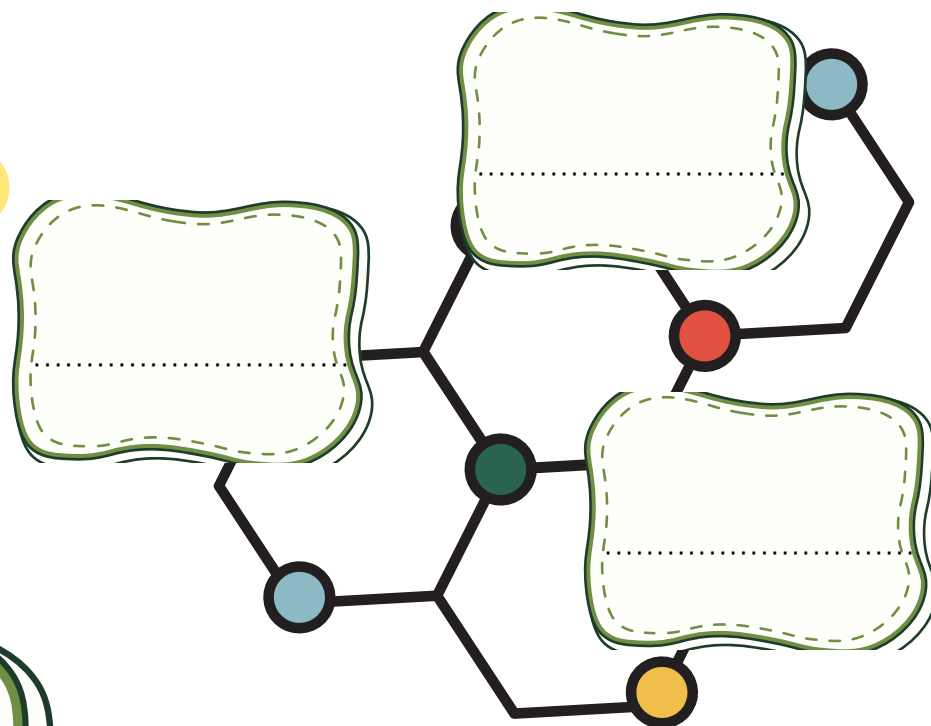
 **Cogni  
Quest**

**HELP**

**WHO CAN YOU ASK FOR HELP? WRITE  
DOWN THE NAMES OF PEOPLE WHO CAN  
SUPPORT YOU!**

**HOW CAN I LEARN  
BETTER?**

**THINK OF THREE THINGS YOU REALLY WANT  
TO DO TO LEARN BETTER.  
WRITE THEM DOWN BELOW!**



A large, empty, rounded rectangular box with a dashed green border. Inside the box, there are three horizontal dotted lines, providing a guide for writing. This box is intended for listing three things the user wants to do to learn better.



Co-funded by  
the European Union

 **Cogni  
Quest**

**WHAT INSPIRES ME?**

**MY IDEAS**

**WHAT ARE A FEW THINGS YOU'D LIKE  
TO DO DIFFERENTLY TO LEARN  
BETTER**

**Remember!**  
**Everyone has  
successes and  
challenges.**

**It's important to  
keep learning and  
growing, and to ask  
for help.**



Co-funded by  
the European Union

 **Cogni  
Quest**