

Appendix 1 The 5 Rs for Lifelong Learning

| | Attitudes/Attributes | Skills Demonstrates ability to: | Knowledge Knows how: |
|-----------------|--|---|--|
| Readiness | <ul style="list-style-type: none"> • Motivation • Curiosity • Self-belief/esteem • Self-efficacy (<i>optimism re the learning outcome, confidence and willingness to take risks</i>) | <ul style="list-style-type: none"> • Assess and manage own motivation towards a task • Set specific goals which connect to particular learning • Achieve a positive learning state • Manage own learning process • Talk about learning to learn in relation to a new task | <ul style="list-style-type: none"> • To assess own motivation • To set goals and connect to the learning To assess own preferred learning environment • To apply learning, including in different contexts. |
| Resourcefulness | <ul style="list-style-type: none"> • Learning from and with others • Learning creatively in different ways • Flexibility • Applying learning | <ul style="list-style-type: none"> • Make most of own preferred learning approaches and environment, and those of others. • Develop and expand learning repertoire and to harness creativity • Find and use information • Communicate effectively in different ways • Apply learning/use what has been learned, including in different contexts. | <ul style="list-style-type: none"> • The mind works and how humans learn. • To assess own preferred learning approaches and environment, and is aware that others may prefer different approaches • To use different approaches to learning • To seek out and use information, including through ICT • To communicate effectively in different ways |
| Resilience | <ul style="list-style-type: none"> • Keeping going • Learning under stress • Managing feelings about learning and teachers, peers and resources | <ul style="list-style-type: none"> • Persist and apply learned optimism and self-belief/self-efficacy approaches • empathise and use Emotional Intelligence • Use different approaches when stuck • Use different memory approaches | <ul style="list-style-type: none"> • To use learned optimism and self-efficacy approaches • To empathise • To proceed when stuck • To use different memory approaches |

| | Attitudes/Attributes | Skills Demonstrates ability to: | Knowledge Knows how: |
|----------------|--|---|---|
| Responsibility | <ul style="list-style-type: none"> • Maximising own self-awareness • Empathy towards other learners • Understanding of how self and others learn • Making best use of opportunities for collaborative learning | <ul style="list-style-type: none"> • Understand and articulate own areas of strength and weakness • Think about others as learners and ask for and offer help with learning • Take ownership of own learning • Learn alongside others | <ul style="list-style-type: none"> • To be a good learning role model • To plan and set targets for own learning • To work with others to learn effectively • To consider other people's learning |
| Reflectiveness | <ul style="list-style-type: none"> • Looking back • Improving learning and performance • Practising | <ul style="list-style-type: none"> • Stop and reflect (<i>eg ask questions, observe, see patterns</i>) • Experiment with learning • Evaluate learning • Use different memory approaches • Make connections | <ul style="list-style-type: none"> • To stop and reflect (<i>eg ask questions, observe, see patterns</i>), • To experiment with learning • To use different ways to evaluate learning • To make connections |