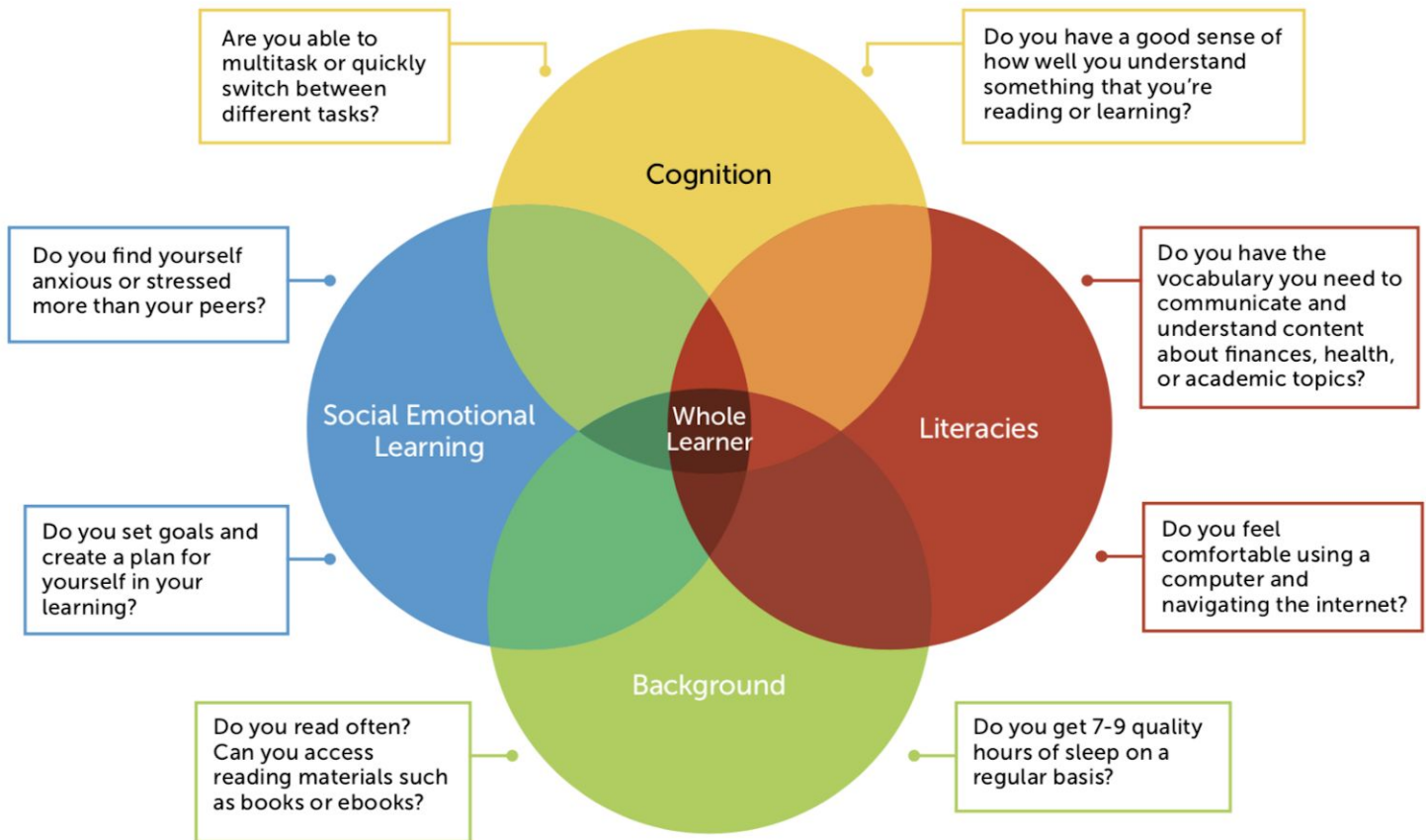


Self Reflection

One way to understand the interconnections between learner factors and how changes in context affect our strengths and challenges is to reflect on our own experiences as learners.



Discussion/reflection questions:

- Reflect on yourself as a learner. What are your strengths? What are your challenges?
- Identify a recent success or challenge you had as a learner.

Explore the [factors](#) and [strategies](#) in the adult learner model

- Which factors are related to that challenge? How are they connected to other factors?
- Which factors are related to strengths that helped you overcome that challenge?
- How do those factors influence your learning?
- What strategies were helpful in overcoming challenges?
- How would you advocate for yourself if you encountered a similar challenge now?
- How does your experience as a learner impact your teaching? your students?

Select a learner model on the [Learner Variability Navigator](#) that most closely relates to your teaching:

- What are some factors that impact your students? How are they connected?
- What strategies could you use to address the learner variability in your classroom?
- How is this similar or different from your own experience as a learner?
- How can you support your students to advocate for themselves?
- Think of the top 3-5 instructional strategies you employ most frequently and use [the Instructional Design Tool](#) to analyze their impact on your students.