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## DISTANCE-DIGITAL TEACHING AND LEARNING IN THE POST-COVID-19 ERA

# Individual learning skills



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## What are Students' Individual Learning Skills?

Individual learning skills are habits, attitudes or behaviours that support the process of effective learning, especially when working remotely.

There are many learning skills that can support the learning process. Below you will find categories of those that will help you achieve your goals faster and more efficiently.

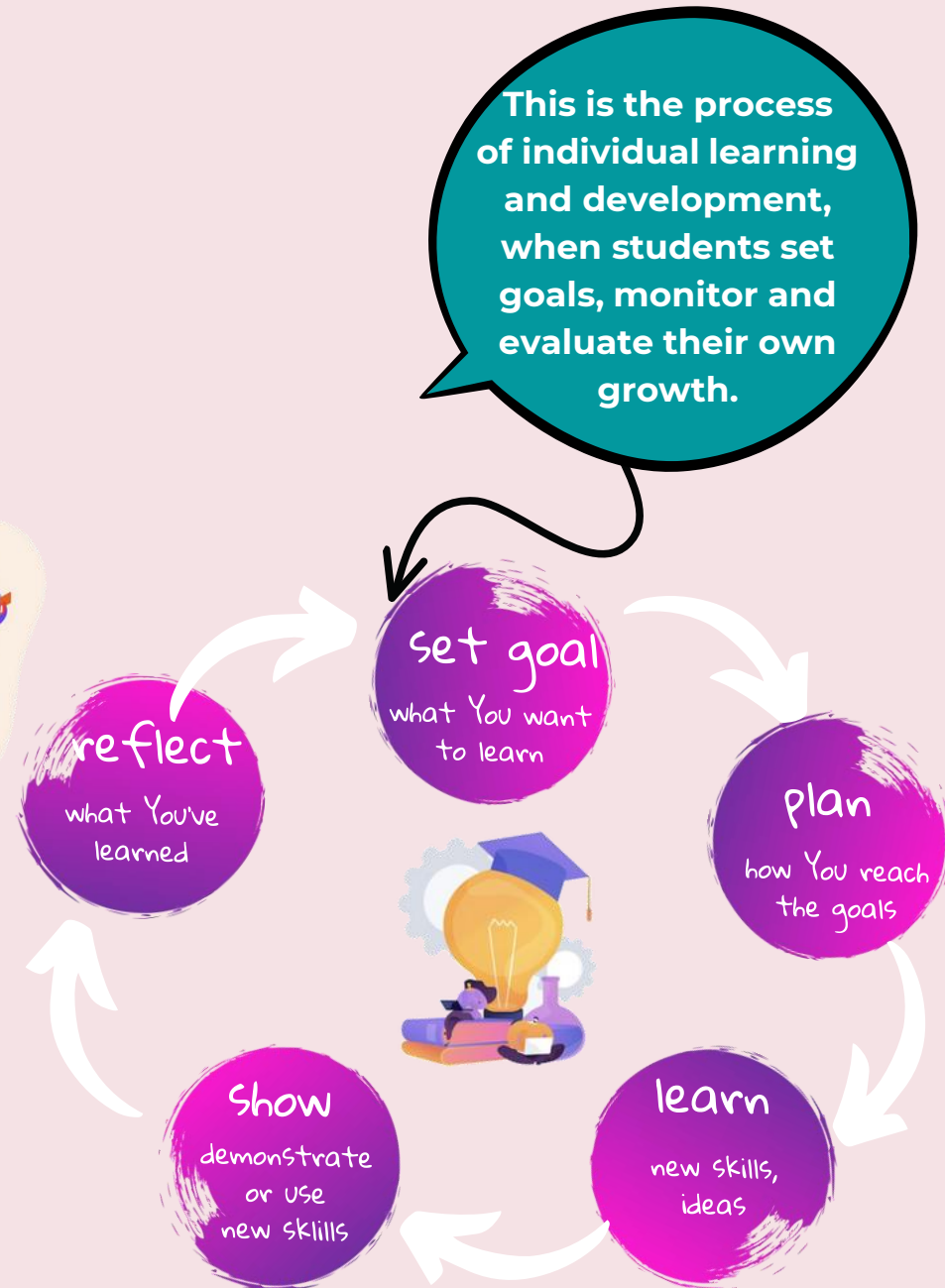


Key individual categories of learning skills:

- ✓ organizational,
- ✓ communication,
- ✓ collaboration,
- ✓ critical thinking,
- ✓ creative learning and note-taking,
- ✓ time management,
- ✓ effective reading and writing.

## What is Independent Learning ?

This is the process of individual learning and development, when students set goals, monitor and evaluate their own growth.



# Examples of learning skills

## in categories:

- 1 Organizational**

Improving these skills will allow you to achieve your goals faster and effectively, meet deadlines and minimize stress. In the learning process, it is worth working especially on:

  - setting goals and, strategic planning,
  - self-motivation,
  - working under pressure,
  - analytical thinking,
  - decision-making.
- 2 Communication**

One of the key skill categories. Without them, you will not be able to transmit and receive reliable information or establish relationships. Using, improving skills supports not only the learning process, but also the process of personal growth. The most important are:

  - active listening,
  - sharing feedback,
  - confidence,
  - responsiveness nonverbal communication,
  - friendliness and empathy.
- 3 Collaboration**

Allow you to work well with others. These skills include understanding different perspectives, managing the priorities of group members. Most important benefits are:

  - fostering a spirit of cooperation,
  - mutuality respect,
  - making you a full-fledged team member,
  - helping solve problems.
- 4 Critical thinking**

Help to understand and solve problems based on facts and information. The process involves analyzing and organizing data and information to define the problem and formulate effective solutions. Include activities such as:

  - data analysis,
  - problem-solving,
  - risk assessment.



**5 Creativity**  
Is the ability to think about a problem or task in a new and different way. The process involves the use of your imagination, thanks to which you can generate new ideas, find solutions, opportunities, create new concepts and ideas. Creativity supports:

- making observations
- experimenting
- making connections
- asking questions
- networking

**6 Time Management**  
With the right time management skills, you can achieve your goals faster and more efficiently. Managing time well can help you improve learning process. Crucial benefits by developing skills:

- increases productivity,
- better efficiency,
- reduces stress levels,
- boosts performance,
- greater work-life balance.

**7 Effective reading and writing**  
Having and perfecting these skills helps you to interpret and find meaning faster in everything you read and write. Reading and writing literacy supports so many other processes that can be a key skill, in your personal life and in the learning process. How to improve those skills:

- set aside time to read, and write each day
- preview the texts you write and read,
- determine goals,
- apply key reading, and writing strategies,
- apply what you read and write by summarizing.

