ACTIVITY PREP FOR WHAT COUNTS AS A LEARNING OPPORTUNITY

One of the key messages from the video is the importance of being able to identify learning opportunities in the activities that you do as part of a whole range of experiences in your life.

The first step is realising that an experience helped you grow in some way, but you need to do more than that. You need to pinpoint where learning occurred so you can then go on to consider how you have developed and what you can now do - or do better - as a result.

If you're wondering what 'counts' as a learning opportunity, think of it like this: If you felt like you were pushed even slightly out of your comfort zone, or you weren't sure how to handle a situation, then the experience is likely to be a chance for learning. If you were motivated to take action of some kind and draw on particular skills and attributes to handle the situation, then it was definitely a learning opportunity.

Example:

You are the president of your student club and you are having trouble with people not volunteering for fundraising activities. This is really frustrating for you and you realise that the club won't function if you can't get volunteers. You are motivated to solve this problem and you end up introducing an incentive scheme.

Was this a learning opportunity? YES! It had an impact on you and you were motivated to take action. You had to draw on certain qualities (resilience, problem solving, for example) to deal with the situation. This situation could still be a learning opportunity if you failed to action but recognised in hindsight that you should have.