



Unit 1

Great learners are **open-minded and positive** towards others.

“Sometimes the media treat all teenagers or all older people in the same way. Stereotypes can sometimes help us to generalise, but they can also simplify our thoughts and reactions in a dangerous and inflexible way. Great learners are open-minded and positive about other people, because each individual is different.”

How open-minded and positive towards others are you? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 2

Great learners act with **integrity and honesty**.

“We often have to make difficult decisions in life. Sometimes we take an ‘easy’ decision because it has an immediate benefit. But this decision may not be based on positive values or ‘doing the right thing’. It’s important to act with integrity and honesty, so that in the long term we feel proud of what we do.”

Do you always act with integrity and honesty? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 6

Great learners **think globally and act locally**.

“When we hear about global problems such as environmental change, poverty or hunger, it’s easy to think that these problems are too big for us to solve. But if everybody takes positive steps to change something, the impact can be enormous.

We all need to use what we learn to think about our global responsibilities in an active way.”

How much do you think globally and act locally? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 7

Great learners **listen actively** to others.

“When we listen to others, for example in a conversation or a presentation, we sometimes become passive listeners. We are not really paying full attention to what the other person is saying, or noticing how they are feeling. We should remember to listen actively, encouraging the other person to explain their ideas or feelings and waiting before interrupting, so we can really understand the person’s message.”

Do you always listen actively to others? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 3

Great learners have **confident body language**.

“Relaxed and confident body language can create a good impression and influence how people see and respond to us. But we don’t have to become actors. Simply choose two or three things to work on (e.g. making frequent eye contact, sitting and standing still and straight) and practise them. This will be useful in exams, interviews, meetings and presentations.”

Do you have confident body language? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 4

Great learners **make connections** between what they learn and the world outside.

“Sometimes when we learn information from teachers, texts, books and videos inside a classroom, we forget that this information can be useful in our everyday lives outside the classroom. Great learners think about connections between the knowledge we learn in class and the outside world.”

How much do you make connections between what you learn in class and the world outside? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 8

Great learners **show empathy and kindness** to others.

“Sometimes we may think that learning at school or university is a question of absorbing knowledge and information. But we also need to learn to ‘read’ other people’s feelings, see things from their position and offer to help them when they need it. We all know how it feels to be sad or lonely at times. If we are all considerate and compassionate, it’s easier for us all to get through hard times.”

Do you always show empathy and kindness to others? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 9

Great learners can **think creatively**.

“We live in a world where we rely on the Internet to find the answer to any question or task. But in life new problems and situations can appear at any moment. Using our imagination and thinking creatively are the only ways to find solutions to all sorts of new, unexpected problems. Great learners use their imagination and think creatively in challenging situations.”

How much do you think creatively? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 5

Great learners question their own **attitudes and behaviour**.

“We often do things that just become a routine. We stop thinking if the things we are doing are good or bad. So, it’s important to stop sometimes and ask yourself: ‘Why am I doing this? Is it the right thing to do?’ When you do this, it’s important to be honest and self-critical so you can do things better in the future.”

How much do you question your own attitudes and behaviour? Grade yourself from 1 to 5.

1 2 3 4 5

Unit 10

Great learners **justify their opinions**.

“It’s easy to give an opinion or to say you agree or disagree with something. But to show that you have understood a complex question, or to convince somebody that your opinion has a solid and valid foundation, it’s important to give logical, objective reasons and arguments to justify your opinion.”

How much do you justify your opinions? Grade yourself from 1 to 5.

1 2 3 4 5