



## VIEWING YOUR LIFE AS A LEARNER

Use the following cycle to describe your life as a learning experience. Focus on what you've learned, demonstrating the ability to integrate information about your life's cycle of events. Repeat this activity as many times as you wish.

☞ Describe the concrete experience:  
What happened to start your learning?

---

---

---

---

☞ How can you use what you learned  
from the experience?

---

---

---

---

☞ What did you learn from the experience?  
How did you state what it was you needed to know/be/do?

---

---

---

---

☞ What did the experience mean?  
How did you figure out what you  
needed to know/be/do?

---

---

---

---

As you complete this cycle for the major events in your life, discuss the experience of your life as a learner.