TML Learning Challenge #1

This week, we get you started on your learning project by helping you choose a challenge and reflecting on your view of how learning works. Please complete the tasks below before the end of this week.

Challenge 1.1 – Your Learning Beliefs

Think of a skill you have developed in the last years, e.g., presentation or programming skills, speaking a foreign language, playing a musical instrument, and answer the following questions. (max. 350 words)
- Which activities did you undertake that helped you develop this skill? Think of specific behaviours you engaged in.
- Which environmental conditions made it easier for you to develop your skill? Think of teachers/coaches/peers, opportunities to practice, formal and informal structures…
- What made it difficult for you to develop this skill? You may include both activities that did not work, support you were missing from others…

Challenge 1.2 – Choosing a Learning Challenge

So far, students have engaged in three types of learning projects that come with different challenges and different outcomes. Have a look at the examples below and begin thinking about what kind of challenge you want to undertake in this course. (max. 250 words)

	Physical Skill	Cognitive Skill
Examples	Running, yoga, swimming, martial arts, (team) sports	Foreign language, programming, statistics, video editing, chess
Measuring Progress	Photos of progress over time; time needed for a task, repeats/speed of tasks	Number of words/ commands learned; rating of performance by coach; game scores
Benefits	Allows for a well-structured project, usually performance easy to measure	Allows for a well-structured project, performance mostly easy to measure
Challenges	Access to necessary resources, some projects need coaching/ a teacher	Finding a supportive structure for learning (apps/courses vs. personal approach)

- Looking at these different project types, which type do you find most relevant for yourself?
- In your chosen category, what is a skill you would really like to develop and why?
- Brainstorm 2-3 ideas of how you could measure your performance and progress during the project. In brainstorming this point, keep in mind that you will measure your performance each week and that this measurement will form the basis for your reflections.
- Please enter your name in the table in Canvas > Modules > Learning Project > Share your project here to let other students know what kind of project you are thinking of. This way, you can exchange ideas and support each other.