Things you can do to find your zest (energy, passion, and enthusiasm) for learning

Put a tick next to the things you are already doing. Think about what else you might try to do in the future.

- **Set personal goals**
  Ex. Today I will learn at least 1 new thing in English class.
- **Connect Learning to Real Life**
  Ex. Being able to use numbers correctly in English can help me in the FCE exams and when speaking to people from other countries when I travel, study and/or work abroad.
- **Engage in Active Learning**
  Ex. I'm going to ask questions and state my point of view in class as often as I can so that learning becomes more memorable and stimulating for me.
- **Break Tasks into Manageable Chunks**
  Ex. I have a lot of homework in English. I'm going to do the exam tasks or those that seem most difficult for me first, when I feel most rested.
- **Create a Comfortable Learning Environment**
  Ex. Instead of checking my phone when I need a break, I do some stretches or use a stress ball. My phone is on silent and tucked away where it won't distract me for at least 60 minutes at a time during a study session.
- **Reward Progress**
  Ex. When I do well in class or on a test, I allow myself to be happy about it and do not immediately start thinking about my next test or my homework load. I celebrate with my family and friends by talking about my victory and doing an activity I enjoy.
- **Seek Out New Learning Resources**
  Ex. I Google whenever I don't know something and read information from several sources before I form an opinion. If my teacher isn't invested in my success, I am!
- **Reflect on What Works**
  Ex. Whenever I get a good mark, I am praised for my contribution in class or simply feel content with myself and how I'm doing in school (and/or life in general), I pause to think about what I'm doing right so that I can apply those principles to any difficult situations I might encounter in the future.
- **Embrace a Growth Mindset**
  Ex. I add the word "yet" when I think or talk about things I cannot do or aren't good at in the present. For instance, I'm not good at using the present perfect YET. But I know I can be if I practice.
- **Find a Learning Buddy**
  Talk to someone about your struggles, ask and offer help. This could also be a family member.

Other:

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LIVEWORKSHEETS