Pacific Crest has been engaged in researching, practicing, and teaching the concept of *Learning to Learn* for more than 20 years. Our signature Learning to Learn Camps have grown stronger and stronger over the years and consistently transform learners with a powerful set of outcomes.

Learning Outcomes

1 **Increased learning** to the point that individuals meet learning challenges in half the time of previous attempts

2 Significant increase in **self-efficacy** and **self-esteem**

3 The ability to appreciate and use **methodologies**

4 Observable desire for **self-growth** realized through the practice of **self-assessment**

5 A powerful **life vision** and development of a **life plan** to realize that vision

6 Willingness to **take risks** and appreciate failure as a productive pathway to success

7 Increase in **self-regulation, self-motivation** and **ownership of learning**

8 Learning to **perform effectively** and **successfully** while being evaluated

9 Increased **teamwork skills** and experience as an effective member of a learning community

10 Significant **gains in metacognition** and **self-awareness**

We have found a way to realize this set of outcomes outside of a Learning to Learn Camp with *Learning to Learn: Becoming a Self-Grower*, a curricula tailored for a 1- or 2-credit course and with the potential to produce the kind of learning and growth that all colleges seek for their incoming students.

The set of materials are self-contained and with the exception of a couple of readings found on the web, include all readings and resources (tools, worksheets, forms, and reports) students need.

The course itself consists of 15 **learning experiences**, each of which is comprised of three activities to be completed *before*, *during*, and *after* class (see graphic).
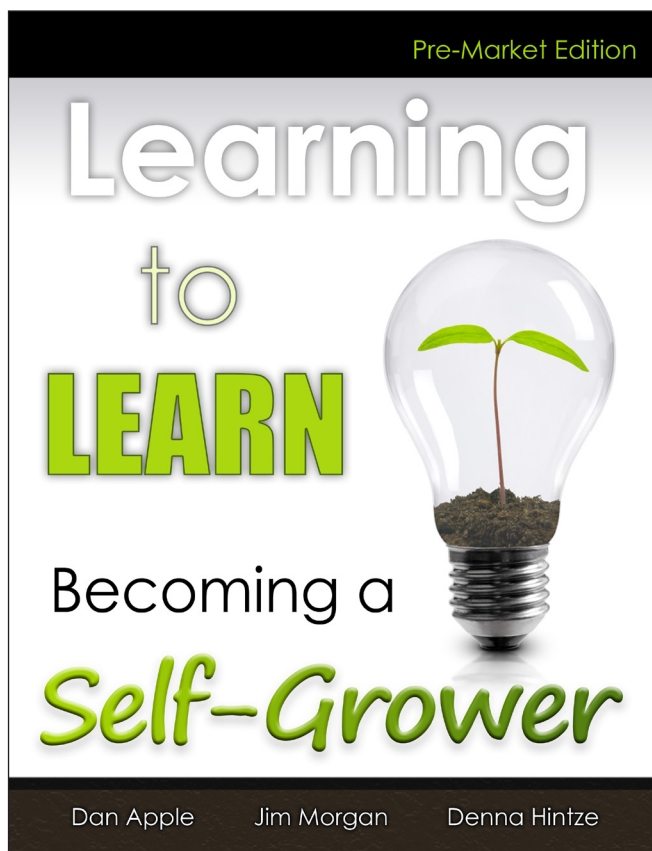
LEARNING EXPERIENCE

On My Own
(pre-class reading, reflection, and individual activity preparation)

In My Class
(in class learning activity, usually in learning teams)

My Learning and Growth
(post-class review, practice, reflection, and My Life Vision)

Experiences

These experiences are carefully crafted to help students realize all of the learning outcomes for Learning to Learn: Becoming a Self-Grower.

1 Performing Like a Star
2 Becoming a Master Learner
3 Your Past Doesn't Define Your Future
4 Self-Assessment: The Engine of Self-Growth
5 Time, Planning, and Productivity
6 Methodologies: Unlocking Process Knowledge
7 Visioning Your Future
8 Performing in Teams and within a Community
9 Performing when Being Evaluated
10 Reading for Learning
11 Metacognition: Thinking about My Thinking
12 Using Failure as a Stepping Stone for Success
13 Choosing and Using Mentors Effectively
14 My Turn to Shine
15 Shifting from Extrinsic to Intrinsic Motivation

My Life Vision

Each experience includes a prompt for learners to explore & refine their life vision, ultimately guiding them to create an integrated Life Vision Portfolio.

Who Am I?
Things I Want to Learn in My Life
Processing Life's Difficulties
Letting Go of Evaluation
My Goals
Step by Step
Role Models
My Community

Failure, Performance, and Evaluation
Meaningful Reading
Seeing Myself through Learning Skills
Coping Skills
Friends as Mentors
Expanding My Life Experiences
Likes and Dislikes

Reflection & Assessment Tools

There are more than 50 different tools (worksheets/forms/reports).

Among the tools included are:

Concept Map (blank)
Elevating My Knowledge Worksheet
Learning and then Moving On Worksheet
Learning Journal & Metacognitive Exploration
Major Requirements Worksheet
Mentoring Planning Worksheet
Methodology Worksheet
My Past: Strengths & Opportunities Worksheet
Performance Analysis Worksheet
Personal Development Worksheet

Preparation Methodology Worksheet
Problem Solving Methodology Worksheet
Reaction Conclusion Report
Reaction Report Worksheets
Reading Log
Recorder Report
Reflector Report
Self-Growth Goals Worksheet
SII Reading Log Assessment Worksheet
SII Self-Assessment Worksheet
SII Team Assessment Worksheet

Learning to Learn: Becoming a Self-Grower also introduces learners to different methodologies and performance measures, helping students learn to appreciate and then improve the skills they need in order to be successful readers, problem solvers, communicators, and learners.

We invite you to learn more at: www.pcrest.com/L2L

If you'd like to become a reviewer or simply have a deeper look at the curricula, please let us know!