THE RIVERINA ANGLICAN COLLEGE

*On*TRAC Learner Framework

Reflective

Thinking carefully about how we learn and making choices that are true to our values and who we are.

Who am I?

Planning

I think about where I am going, take initiative in shaping the action I am going to take, the time and resources I will need, and the obstacles I may encounter.

Meta-learning

I know myself as a learner, understand how I learn best, recognise when to learn alone or with others, and talk about my learning process.

Refining

I look closely at what is being learned, pull out the essential features, and drive further learning and coach myself.

Revising

I stay flexible, change my plans in light of different circumstances, monitor how things are going, and see new opportunities.

Relational

Learning with and from others by working together with empathy and compassion, to positively influence our community.

Who is my community?

Empathy

I put myself in others' shoes by listening to and understanding their experiences and perspectives.

Collaboration

I add to and draw from the strength of the team, manage myself in the give and take of collaboration and respect and recognise other viewpoints.

Active Listening

I fully focus on and understand the message in both words and non-verbal cues.

Emulation

I imitate positive methods, habits, or values I observe in others.

Resilient

Moving forward and staying focused when things are hard, having the courage to take risks, and growing through challenges.

How do I live life to the full?

Perseverance

I move forward in the face of difficulty with self-belief, and channel the energy of the learning process productively.

Managing Distractions

I create my own best environment for learning by recognising and reducing distractions.

Noticing

I stay aware of nuances, patterns, and details in my learning.

Absorption

I develop a deep focus in my learning.

Resourceful

Using curiosity, creativity, and critical thinking to make connections and solve problems in new ways.

How do I know what to do when I don't know what to do?

Questioning

I ask questions of myself and others, stay curious about ideas, and delve beneath the surface of things.

Imagining

I wonder What if...? and use my imagination and intuition to explore possibilities and new experiences.

Making Links

I make and build connections between different ideas and experiences.

Strategic Action

I use logic and reasoning to work things out methodically and rigorously, embracing opportunities and making effective use of resources from the world around me.