

Super 6

ways to make sure you challenge yourself today

Connect your learning:

Group information into related sets of ideas – use mind-mapping to strengthen your understanding.

Continuously reflect on your work and the strategies you've used: Review and amend your work quality and accuracy.

Aim higher than the expectations of the exam syllabus:

Don't let that be your ceiling.

Explain or justify your thinking to yourself and others:

Why do you think that? How did you get to that answer or idea? Prove it!

Strive for excellence:

When looking at your work ask, "Is it excellent yet?"

Be metacognitive:

Think about how you can use learning strategies that you've found helpful in the past.

Top tips for tackling challenge

Take the time to think deeply and explore the question or task from different perspectives.

Remember that difficulty is desirable: our learning is more secure and deep when we're experiencing challenge.

Be curious and ask questions to find out more or to help you understand what you are being asked to do.

"Challenges are what make life interesting and overcoming them is what makes life meaningful."

– Joshua J. Marine