### Approaches to Learning

As an IB student, you are developing the following skills (Research, Self- Management, Social, Communication, and Thinking) as you become an independent thinker. Throughout your project paper, you should refer to the Approaches to Learning (ATL) skills as you reflect on the Personal Project process. You are responsible for identifying evidence that demonstrates their development of specific skills. Remember to choose 1 strand per cluster of the correlating ATL skill categories.

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| **ATL skills category** | **Strand (choose 1 per category)** |
| **Research** | |  | | --- | | • Collect, record, verify, and use a range of sources/data.  • Identify primary and secondary sources.  • Compare, contrast and draw connections among resources.  • Seek a range of perspectives from multiple and varied sources to inform the project.  • Make connections between various sources of information, prior knowledge and subject- specific knowledge.  • Construct a bibliography according to recognized conventions appropriate for the task. | |
| **Self- Management** | • Organize time and energy for a sustained period of time.  • Keep and use a weekly planner for milestones.  • Practise strategies to develop mental focus.  • Practise analysing and attributing causes for failure.  • Practise managing self-talk and positive thinking.  • Practise dealing with change throughout the project.  • Make plans that are logically sequential and efficient.  • Demonstrate persistence and perseverance.  • Use appropriate strategies for organizing complex information.  • Select and use technology effectively and productively.  • Practise “bouncing back” after adversity, mistakes and failures. |
| **Communication and Social** | •Participate in, and contribute to, digital social media networks.  •Read a variety of sources for information.  •Communicate information and ideas effectively to audiences using a variety of media and formats.  •(Give and) Act meaningfully on feedback received.  •Use intercultural understanding to interpret communication.  •Use appropriate forms of writing and speaking for different purposes and audiences.  •Use a variety of media to communicate with arange of audiences.  •Use and interpret a range of terms and symbols.  •Paraphrase accurately and concisely.  •Preview and skim texts to build understanding.  •Work effectively with experts and/or supervisor.  •Listen actively to other perspectives and ideas. |
| **Thinking** | •Practise observing carefully in order to recognize problems.  •Gather information strictly relevant to the project.  •Draw reasonable conclusions and generalizations.  •Evaluate and manage risk.  •Consider ideas from multiple perspectives.  •Identify obstacles and challenges.  •Use brainstorming and visual diagrams to generate new ideas and inquiries.  •Interpret data useful to the project.  •Test generalizations, hypotheses and conclusions.  •Revise understanding based on new information and evidence.  •Make guesses, ask “what if” questions.  •Apply existing knowledge to generate new ideas, products or processes.  •Consider multiple alternatives, including those that might be unlikely or impossible.  •Make connections between subject groups, prior learning and experiential learning.  •Combine knowledge, understanding and skills to create products or solutions. |