



# Evaluate

## Reflect and Synthesise

What can I learn from this?

What new questions or opportunities have I discovered?

Strategies:

- + Use checklists
- + Talk to others
- + Write a pros and cons list



# Define

## Define your Learning, Ideas and Goals

Who, What, Where, When, Why and How?

What does success for me look like?

What short and long term goals can I set?

Strategies:

- + Draw a picture/ diagram to visualise
- + The Starbusting Method



# Check

## Check your Progress, Ask Questions

Why am I using this strategy?

Do I need to go to a different stage?

Is this really helping me?

Strategies:

- + Talk to others
- + Step away from the problem
- + Get feedback from others



# Act

## Just Do It!

How can I use past experiences?

How can I use my current knowledge?

Strategies:

- + Break the problem into smaller pieces
- + Transfer knowledge
- + Learn from failure



# Prepare

## Make a plan, strategies and options

Which is the most appropriate strategy?

Why is this strategy appropriate?

Will my plan help me to reach my goal?

Strategies

- + Break the problem into smaller pieces
- + Collect and organise information
- + Work Backwards

# Think Pad

Support for identifying what your next steps are and strategies you could use.

You can move to any stage as there are different ways you can go.

