










# Good learning habits - Being Absorbed

Your potentially 'flow' learners are likely to:		Who have you spotted with these behaviours:	Your potentially 'flow' learners are likely to:		Who have you spotted with these behaviours:
'Get lost' in what they are doing			Maintain focus without external encouragement		
Can focus all their senses on a goal			Keep an eye on what they are doing		
Confront tasks they believe they can complete			Display enthusiasm and excitement		
Decide how to tackle challenges			Focus for extended periods		
Focus on what they want to achieve			Choose achievable goals	