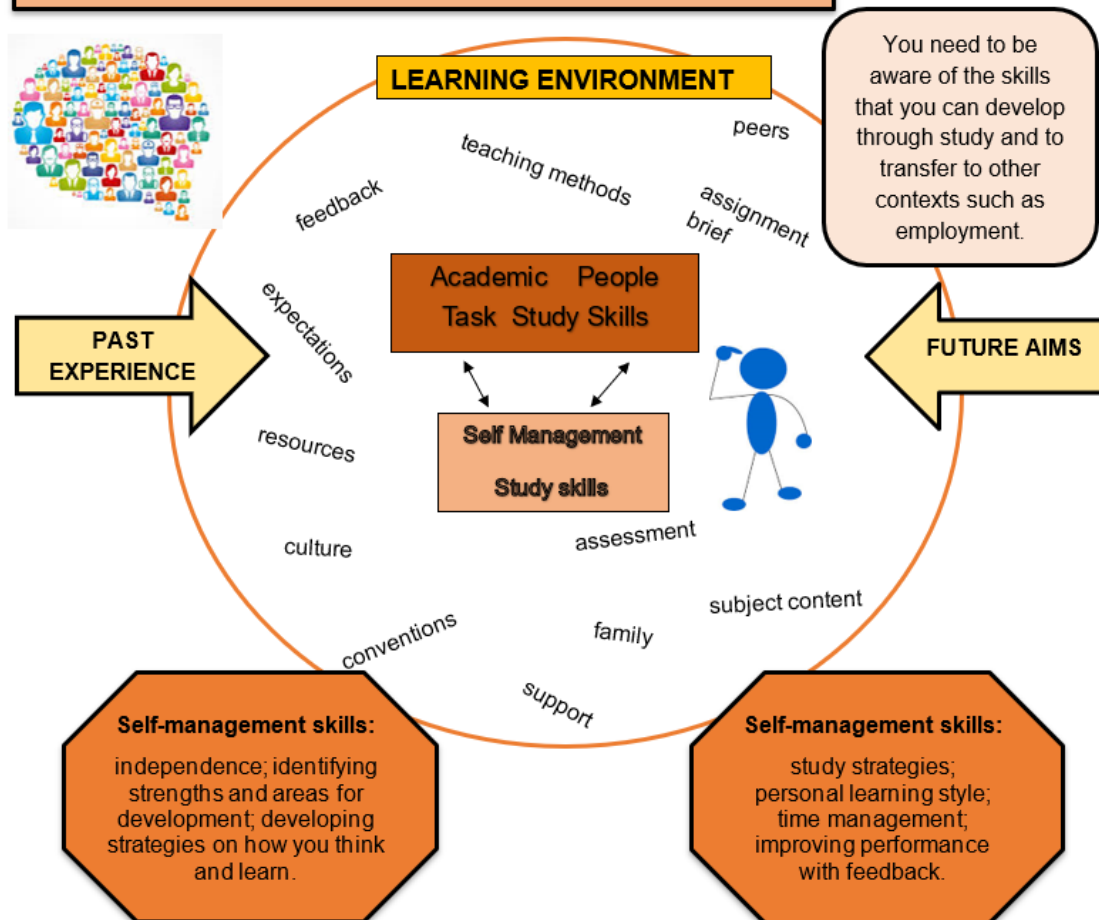


Self-Management

The learning environment refers here to everything that forms part of the wider context in which you are studying. It also includes self-management skills. Good skills in self-management help you to manage interactions more effectively and to identify the skills and qualities you need at any given time.



Using the learning environment diagram above:

- Highlight those aspects of the environment that you find most challenging.
- List the sort of skills you need to develop to manage better the aspects that you highlighted.
- Which self-management skills will be most important to you in developing those skills?