### Skills for Active Learning (Sulla, 2018)

- Attending to a person or activity
- Focusing
- Concentrating
- Thinking before acting
- Initiating a task
- Persisting in a task
- Maintaining social appropriateness
- Storing and manipulating visual and verbal information
- Identifying same and different
- Remembering details
- Holding on to information while considering other information
- Identifying cause-and-effect relationships
- Categorizing information
- Shifting focus from one event to another
- Changing perspective
- Seeing multiple sides of a situation
- Being open to others' points of view
- Being creative
- Catching and correcting errors
- Thinking about multiple concepts simultaneously
- Setting goals
- Managing time
- Working toward a goal
- Organizing thoughts and actions (and materials)
- Considering future consequences in light of current action
- Making hypotheses, deductions, and inferences
- Applying former approaches to new situations
- Defining a problem
- Analyzing
- Generating possible solutions
- Anticipating
- Predicting outcomes
- Evaluating
- Self-assessment
- Overcoming temptation
- Monitoring performance
- Reflecting on goals
- Managing conflicting thoughts
- Delay of gratification
- Emotion regulation
- Willpower
- Grit
- Resilience
- Coping
- Planning
- Conscientiousness
- Openness
- Ability to pick out salient information from extraneous information
- Critical thinking
- Sequencing
- Motivation
- Understanding learning style
- Handling stress
- Test taking skills
- Note taking skills
- Communication skills/Active listening

### Miscellaneous:

- Narrative skills (personal)
- Using memory strategies
- Using resources (i.e., book, planner, teacher)
- Self-advocacy/Self-determination
- Prioritizing
- Reading comprehension strategies

### Bibliography

