## Activity 2.3 Learning from experience

*We suggest spending around 10 minutes on this activity*

The film clip shows Lesley talking about what she has learned from the different roles, environments and situations she has been in.

Here are some key words from Lesley’s comments:

By reflecting on her experience Lesley has learned that she is **resilient**; she can **manage her time**; she can **budget** and **manage stress**. She knows that she is capable of learning new things and **coping** with difficult situations and that she can **communicate** well.

Think about the following questions and make some notes in the table below.

* Was some of Lesley’s learning unexpected?
* Did she learn from difficult times as well as good ones?
* Did Lesley learn things while caring that will be useful in studying and employment?

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| **My notes** |
| Write your comments here. |