

Do it more than once – Inner development through Self-Inquiry- Based Learning

Pascal Frank

Education & Learning Sciences









Intrapersonal competence

The ability to make conscious, self-determined decisions related to one's inner states and processes (response-ability).

(Frank & Stanzus, 2019; Frank, 2021)



1 Being

Relationship to Self

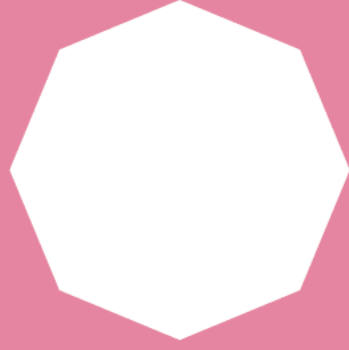
Inner Compass

Integrity and
Authenticity

Openness and
Learning Mindset

Self-awareness

Presence



2 Thinking

Cognitive Skills

Critical Thinking

Complexity
Awareness

Perspective Skills

Sense-making

Long-term
Orientation and
Visioning



3 Relating

Caring for Others
and the World

Appreciation

Connectedness

Humility

Empathy and
Compassion



4 Collaborating

Social Skills

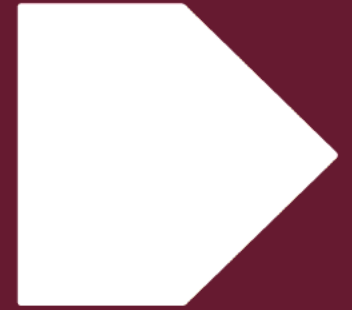
Communication
Skills

Co-creation Skills

Inclusive Mindset
and Intercultural
Competence

Trust

Mobilisation Skills



5 Acting

Enabling Change

Courage

Creativity

Optimism

Perseverance



Transition Makers Toolbox

The Superhero in Me

Develop self-awareness by exploring your capabilities and challenges

BEING | Self-awareness

Overview

Learning Activity

Assessment

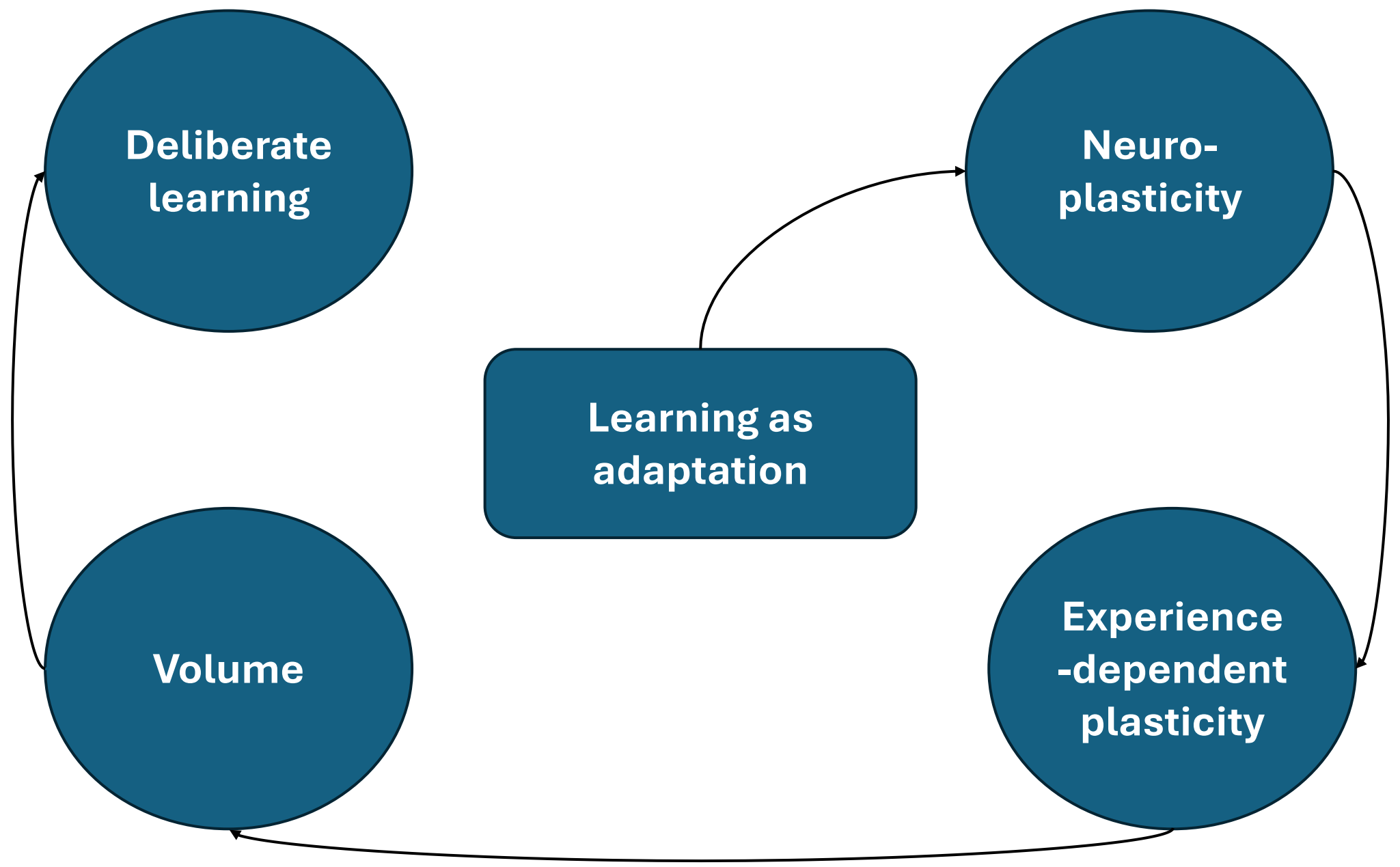
Key Advice

References

Students define their strengths, weaknesses and challenges and translate them into superhero, sidekick and nemesis characters that embody those aspects of themselves. This can guide the students' self-awareness throughout the rest of a course or degree programme.







**Deliberate
learning**

Volume

**Neuro-
plasticity**

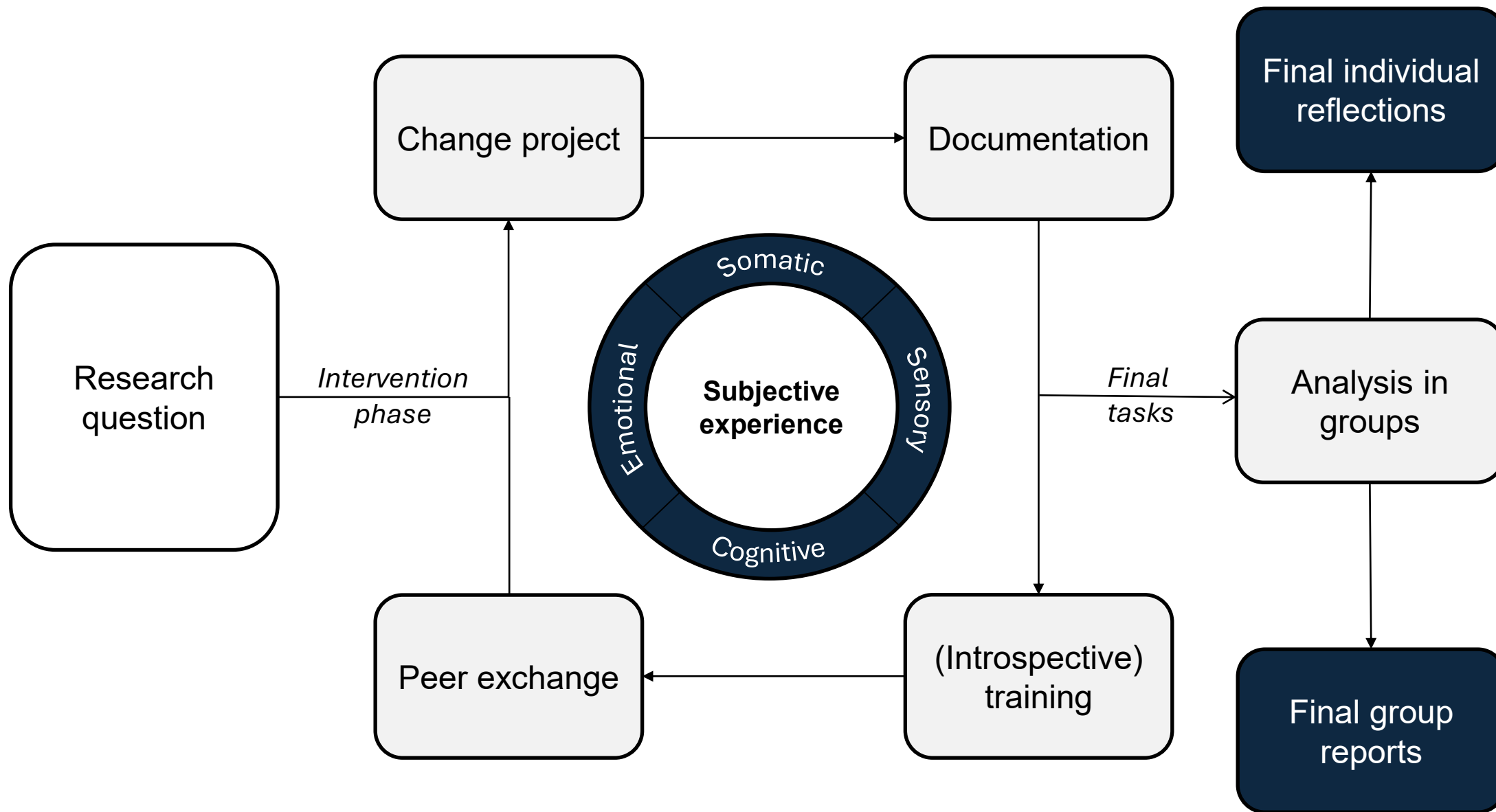
**Experience
-dependent
plasticity**

**Learning as
adaptation**

Self-inquiry-based learning

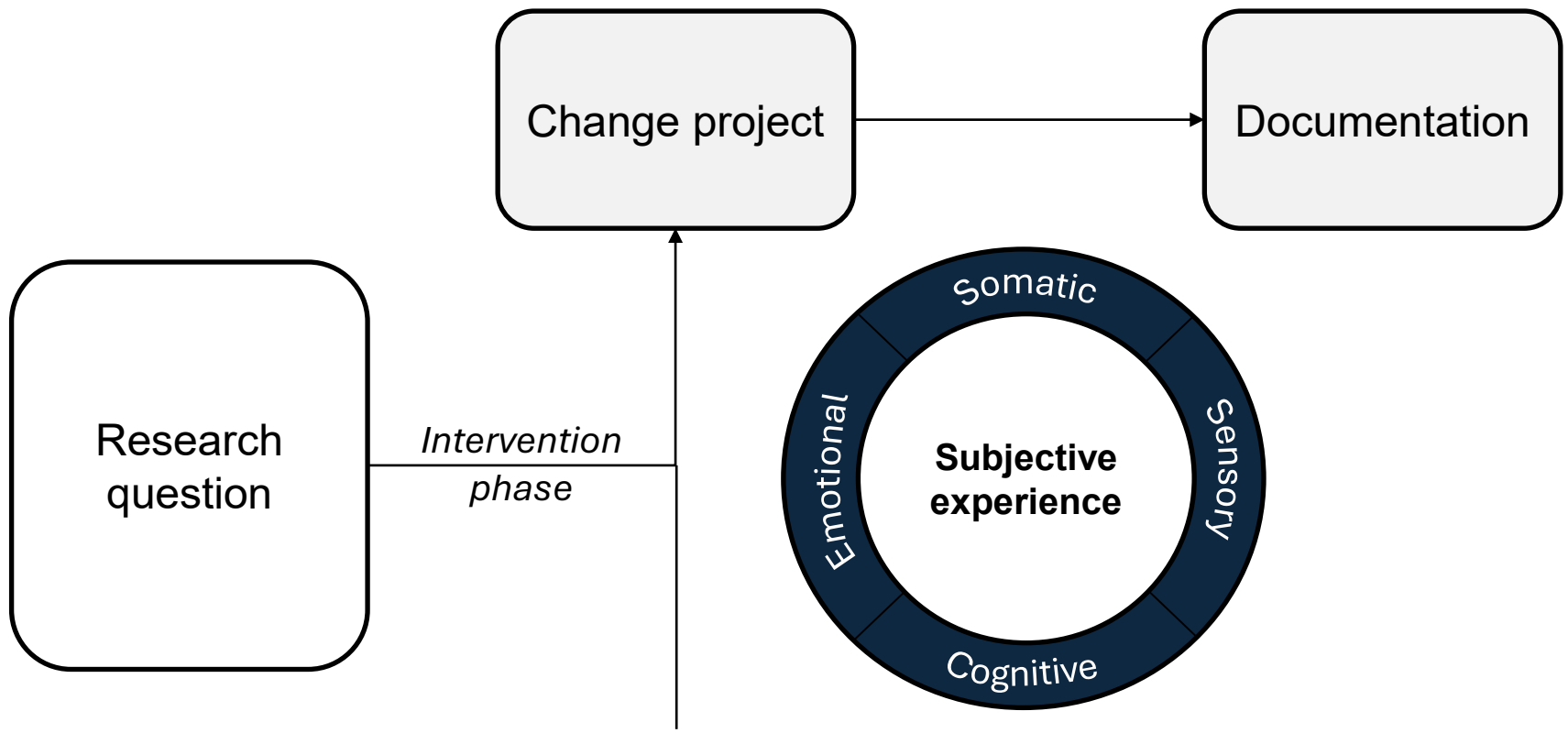
SIBL is a pedagogical approach aimed at developing intrapersonal competence among learners. Based on the inquiry of personal questions, learners systematically explore their subjective experience that emerges while they engage in a specific behavior change.

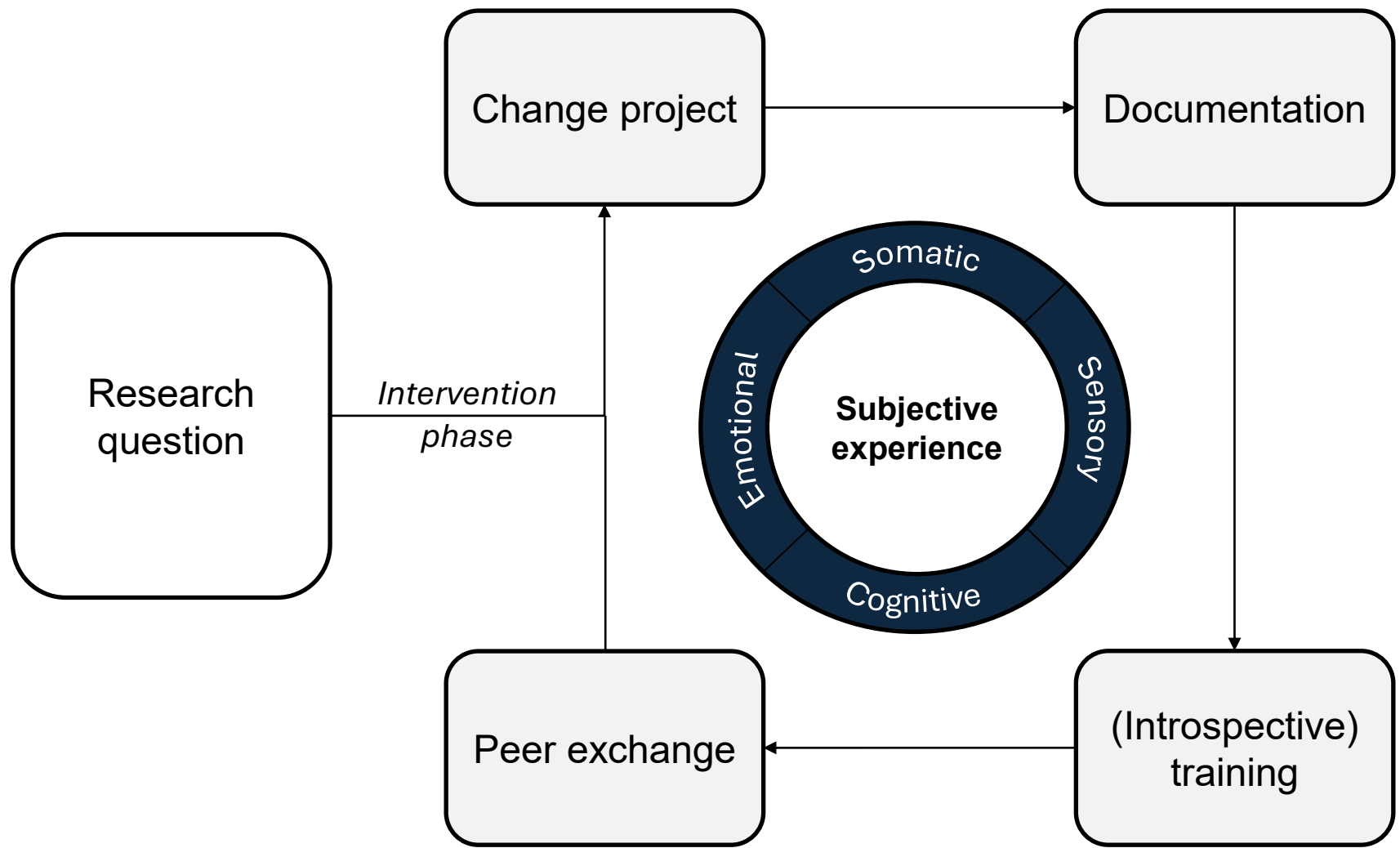
(Frank & Stanzus, 2019; Frank et al., in press)

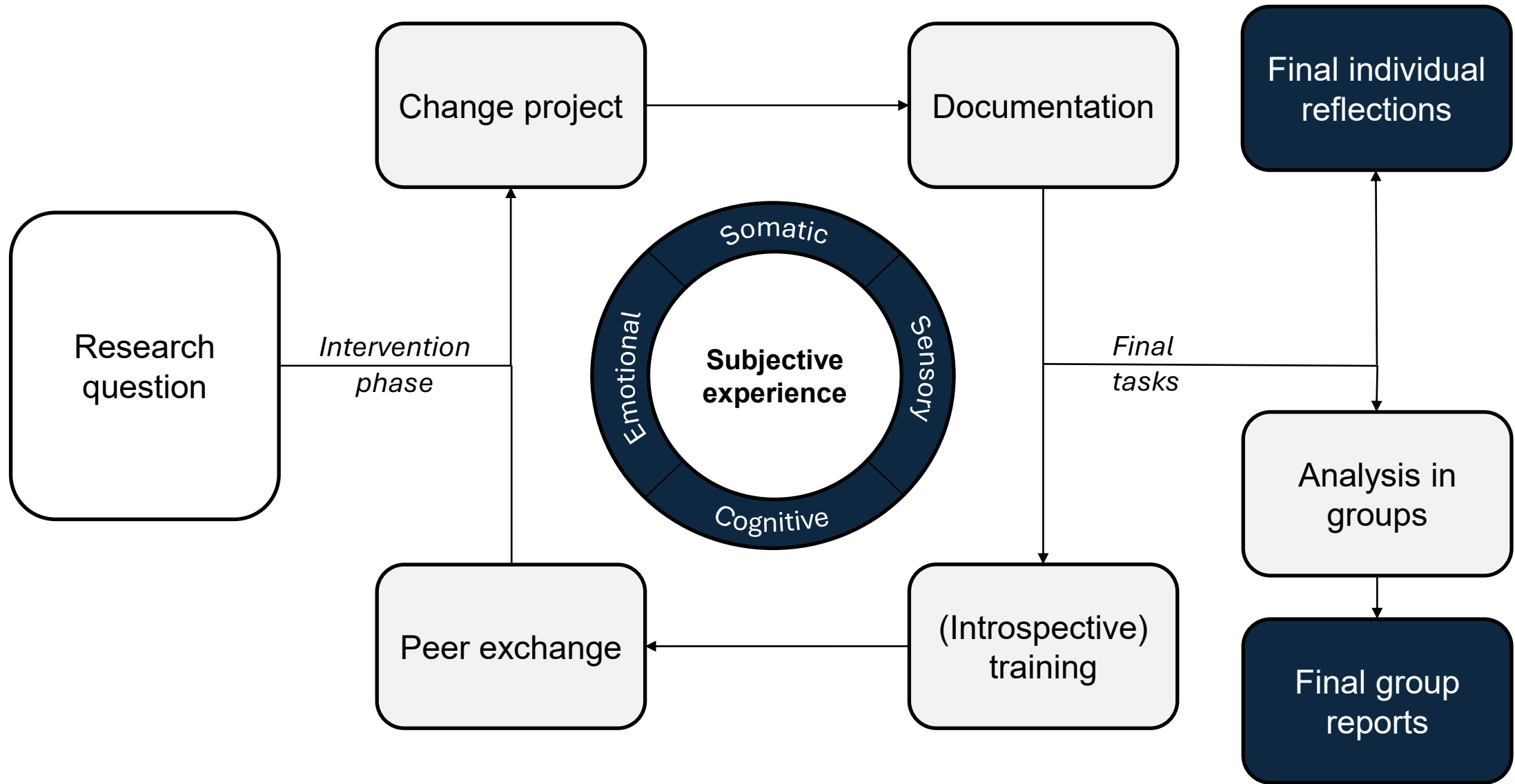


Change project

Research
question







More info?

Getting in touch?

Pascal.frank@wur.nl

