



ATTITUDES TO LEARNING
HOLLAND MARK, 2014

1. **Confidence** - Believing in one's own ability to learn and succeed.
2. **Curiosity** - Being interested in and exploring new ideas and subjects.
3. **Effort** - Putting in the necessary work and time to learn.
4. **Engagement** - Actively participating in the learning process.
5. **Flexibility** - Being open to different perspectives and ways of thinking.
6. **Focus** - Staying on task and avoiding distractions.
7. **Goal Setting** - Establishing clear, achievable learning objectives.
8. **Help Seeking** - Asking for assistance when needed.
9. **Independence** - Taking responsibility for one's own learning.
10. **Intrinsic Motivation** - Learning for the sake of learning, not just for external rewards.
11. **Resilience** - Bouncing back from setbacks and failures.
12. **Self-Directed Learning** - Taking initiative in one's own education.
13. **Teamwork** - Collaborating with others to learn and grow.
14. **Transfer of Learning** - Applying knowledge and skills from one context to another.
15. **Metacognition** - Thinking about one's own thinking and learning processes.

ACTION LEARNING



SMALL SURFACE MOUNTED CIRCULAR PRISMATIC LED AND 2D LUMINAIRES



SPECIFICATION

- White body and clear prismatic controller both in polycarbonate
- Fitted with 3500K lamp or 4000K LEDs

LED CHARACTERISTICS

Ra 80	°K 4000	L70/B10 50K	LL/CW 82.1
P/U P	% >90	R/Rx R	

For LED characteristics explanation see www.thorlux.com/led-characteristics

RANGE

LAMP	CAT. No.	APPROX. kg	DIMENSIONS (mm)			CIRCUIT
			A	B	C	
LED						
13W LED	MID 16449L	1.4	310	255	100	
Mains						
16W 2D	MID 7888	1.0	220	170	90	E/S
28W 2D	MID 8261J	2.1	310	255	100	
38W 2D	MID 9673J	2.1	310	255	100	
Emergency						
13W LED	EMD 16449L	1.7	310	255	100	
16W 2D	EMD 9660J	2.7	310	255	100	
AutoTest						
13W LED	TMD 16449L	1.7	310	255	100	
16W 2D	TMD 9660J	2.7	310	255	100	

CIRCUIT TYPE - suffix catalogue number with:

E - electronic start / **S** - switch start / **J** - non-dimming (HF fluorescent) / **L** - non-dimming (LED) e.g. **MID 7888E** etc.

DIMENSIONS

