**Personal Theory of Learning**
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To me, learning is something that everyone does on a daily basis. For example, you get to know who you are and who you are not each and every day and I think that is a way of learning. It takes time to find yourself and it takes practice to be the best version of you that you can be. Learning is powerful. It allows you to change. I think that learning is a key factor to life, as we know it. Without learning, I do not know where I would be. I think learning allows you to experience life and allows you to grow as an individual or even a friend, sister, brother, girlfriend, boyfriend, wife, husband, son, daughter, etc.
 Another type of learning that I know exists is in my classroom. It is not just my students who are learning each day though, I am also learning. I am learning how to teach and to develop relationships with my students so that I can help them with their learning, as well as their life. My students have many different backgrounds and they come to school each day with their own concerns and fears. I have to learn to meet them where they are in order to help them get to a new place, whether that is school subjects or their personal things. Some need a smile and some need a hug. It just takes learning who each child is and how I can best be there for them.
 My students learn in many different ways during the day. They learn how to adapt to a new classroom each year. They learn what the rules and procedures are and they learn the structure of the everyday in the room. My students learn Common Core State Standards and they learn objectives. They learn their purpose for each subject they are being taught and they learn how to ask questions to grow their knowledge and build their schema. My students learn even when they do not realize they are doing it. Something that I have found successful in my teaching is that students remember information better when it is associated with a song and/or dance (or hand motions). If you came into my classroom today, you could ask my students what schema means. They will then break out in song and dance to explain what it is. When the song is done you can then ask them the same question and they will raise their hands and share their idea of schema and what it means. For my students they just remembered a song and it gave them the words to what schema is. What they do not realize, however, is that they have actually learned the word schema as well as a dance and song to go with the meaning of the new word. I know my students are learning because they can explain information. They can explain what specific things mean and they can model their thinking using strategies, which were taught to them.
 I think learning can be easy but it can also be difficult. For example, when I learned to ride a bike it was hard. I remember falling many times before I was able to balance and ride correctly without falling off. I have not ridden a bike in many years, but now that I have learned that skill, I could get back on a bike today and successfully ride it. I think part of learning is remembering information. Maybe it is material taught at school or even material taught in your everyday life. As an adult I still learn things. I think learning has to do with changing who you are and what you know. I think it comes down to finding the things you do not know or even are not very good at and trying them anyway. Another example for me is graduate school. I was so scared because I was not sure what to expect or how difficult the courses would be but once I started I think I have learned many things. I have learned about topics from readings, I have learned how to have discussions on discussion posts and I have also learned how to balance my time. Teaching full time as well as having graduate classes I quickly found that I had to really plan out my time in order to be successful with both jobs.
 I think there are things that make learning more difficult, such as, a learning disorder or even a medical condition. I think it causes difficulty because it takes more effort and/or time to learn something. I do not think, however, that learning is impossible. It happens whether we see it or not. I think another factor that can cause learning to be difficult is bullying. It is hard to learn in school when you are scared of someone. I think learning still occurs though. Students learn how to protect themselves and they learn how to talk to adults who can help them. They learn about fear and they learn about rising above. I do not think learning only happens in school or when a new math or reading strategy is taught. I think learning happens in all aspects of life, and I think you can never grow out of learning.