

## Enjoying learning and learning to learn

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Joy is at the bottom of motivation to learn, according to recent studies, and we need to find more data through research, to reveal students' point of view concerning their learning engagement and strategies. This gap in practice is an intense concern at the Teacher Education Department of "Lucian Blaga" University of Sibiu, as we train students that become future teachers in a global and complicated society. This paper explores students' perceptions of finding joy in learning and learning how to learn, by researching their individual experiences on three topic questions: How to enjoy learning? How to achieve meaningful learning? How to use a strategic learning approach? 110 students enrolled in the first year at the Pedagogical Module were invited to attend focus groups and individual interviews, with open questions that encouraged self-reflections concerning their learning. The study reports on the focus groups and the themes that emerged from the data. Findings revealed that our students are very different and there are better ways to support their learning and engagement than grades and diplomas during their academic preparation. They face stress and difficulties if they don't find a meaningful learning context and effective strategies to progress.

### Presenting author

Alina Georgeta Mag

**Primary author:** Ms MAG, Alina Georgeta (University "Lucian Blaga" of Sibiu, Romania)

**Presenter:** Ms MAG, Alina Georgeta (University "Lucian Blaga" of Sibiu, Romania)

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