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The Seven Moves

The whole Learning Ownership System on one page

Best first download. Use this before the other tools, so the language of Understand, Plan, Practice First, Monitor, Adjust, Verify, and Transfer makes sense everywhere else.

No one is born knowing how to study well. Strategic learning can be developed, and researchers call the process self-regulated learning. The Learning Ownership System turns it into seven moves. Each move is one question.

Move	Core question	What this helps you do
1. Understand	**What am I being asked to learn or do?**	Clarify the task, criteria, instructor goals, and AI expectations.
2. Plan	**What is my plan, and what strategy will I use?**	Turn the task demands, your starting point, and your goal into a workable plan for your strategy, time, resources, and support.
3. Practice First	**What will I do myself first?**	Build and test your understanding, then decide what comes next.
4. Monitor	**How will I know whether my approach is working?**	Notice what you understand, whether you are making progress, and which strategies are helping.
5. Adjust	**What should I change now to improve my approach?**	Use what you noticed to change your strategy, plan, support, or next action while you are still working.
6. Verify	**What do I need to check, revise, reject, or disclose?**	Check accuracy, sources, AI output, course expectations, and disclosure needs.
7. Transfer	**What will I keep or change next time?**	Use feedback and experience to decide what to keep, change, or try next time.

Two pairs that are easy to blur

Monitor vs. Verify. Monitor asks, “Is my approach working, and do I actually understand?” Verify asks, “Can I trust and stand behind this?” With AI you can hold polished work and weak understanding at the same time, which is why the system keeps both.

Adjust vs. Transfer. Adjust happens during the task: “What should I change now to improve my approach?” Transfer happens after it: “What will I keep or change next time?”

> **After any tool, ask:** Which Learning Ownership move did I practice most? What is my next useful move? What should I carry forward?
>
> **Verify reminder:** Fluent output is not always correct.

Study with purpose. Use AI with judgment. Know what to do next.

Want the full system? Think First expands this tool into a complete Learning Ownership System for studying, assignments, exams, AI use, weekly planning, feedback, and recovery. It includes Quick checks, Core tools, comprehensive assignment and exam tools for added scaffolding, and Deep reflection prompts. Start anywhere: the Find Your Problem index begins with the situation in front of you, not page one.

In the book: See Part 1: The Learning Ownership System. Every other part applies the same seven moves in a different situation.

Think First: The Learning Ownership System for Studying, Assignments, and Learning with AI · Peter Arthur, PhD · Scholarly Learning · Turn studying, assignments, and AI into real learning. · Available on Amazon · More free tools at LearningOwnership.com/ThinkFirst

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