

Book of Understanding # 1

Name:

Date:

School / Class:

What are you trying to make sense of, learn, or solve?
(Example: a school topic, a question, or something in real life.)

Topic :

Write your ideas or questions below. Explain what feels confusing or unclear.

Tool #5 Learning Habits Self-Study

Name: _____

Email: _____

Phone Number: _____

Q1. My Learning Space

Where do you learn best?

☐

At my desk

☐

With Soft Music

☐

On the floor

☐

In a group

☐

In a quiet room

☐

Somewhere else: _____

What makes it harder for you to concentrate?

Q2. How I Like to Learn

☐

Drawing pictures

☐

Watching someone show it

☐

Talking it out

☐

Making flashcards

☐

Reading and re-reading

☐

Using a computer or AI to help

☐

Somewhere else:

Q3. What Happens When I Don't Get It?

☐

Frustrated

☐

Curious

☐

Sad

☐

OK With It

What do you do when that happens?

Q4. One Time I Figured Something Out

Can you think of a time when you didn't understand something but then finally did?

What do you do when that happens?

Q5. My Learning Plan

☐

Sit quietly

☐

Draw or use my hands

☐

Talk it out

☐

Move around

☐

Somewhere else:

One new learning trick I want to try:

One thing I'm proud of learning:

Tool #7A – AI Practice Prompt Sheet

Q1. First Prompt:

Q2. AI Response:

Q3. Improved Prompt:

Q4. New AI Response:

Q5. How I will use this insight:

Reformulation Tracker

Name:

Email:

Phone Number:

School / Class:

Q1. Topic or Subject

What are you learning or trying to understand?

Q2. My Reformulation (In My Own Words)

Explain what you understand now in your own words. It does not have to be perfect. Just try your best.

Q3. What I Still Don't Understand

Write one thing that is still confusing. If nothing is confusing, write: "I understand this clearly now."

Q4. Example

Give one example that shows how this idea works.

Q5. How I Can Use This*How can you use this in real life?*

Q6. Next Step*What will you do next to understand this even better?*

Tool #8 – Class or Team Confusion Survey

Name:

Email:

Classroom / Teacher's Name:

Q1. What confuses you?

Q2. What worries or safety concerns do you have?

Q3. Would you like your response explained in public or private?

Confusion Confessions & Reframes

Name:

Email:

Confusion Confessions & Reframes

Why We're Doing This

Everyone gets confused sometimes. This is a safe place to be honest. Talking about confusion helps us realize it is normal and nothing to be embarrassed about

Q1. Tell Your Story

Describe a time when you felt embarrassed or confused because you didn't know something. What happened? How did it make you feel?

Q2. Can we share your story with the group? (Check one)

- ☐ Yes, but please keep my name private (anonymous).
- ☐ Yes, and you can include my name
- ☐ No, I don't want my story shared.

Q3. Why didn't you speak up or admit your confusion at the time?

(You may choose more than one.)

- ☐ I felt embarrassed.
- ☐ I was afraid of how others would react.
- ☐ I didn't want people to think I was dumb
- ☐ I thought I was the only one confused.
- ☐ I didn't know how to ask or where to start.
- ☐ Other: _____

Tool #11 – Connections Tracker

Name:

Date:

Classroom / Teacher's Name

Q1. What I am learning about:

Q2. What this makes me think of (something I already know):

(If you can't think of anything, write "Not sure yet.")

Q3. How it is different:

(If you can't think of anything, write "Not sure yet.")

Q4. Give one example of how this is the same or different from what you already know:

(If you can't think of anything, write "Not sure yet.")

Q5. How I can use this:

(If you can't think of anything, write "Not sure yet.")

Tool #12 – Assumption Check

Name:

Date:

Classroom / Teacher's Name

Q1. What I am learning about:

Q2. What I think is true (my guess)

Q3. Could my guess be wrong?

Help: If you can't think of anything, write 'Not sure yet.'

☐

Yes

☐

No

☐

Not Sure

Q4. Why might it be wrong

Help: If you can't think of anything, write 'Not sure yet.'

Q5. How I will check if it is true

Help: If you can't think of anything, write 'Not sure yet.'

Tool #13 – Perspective Flip

Name:

Date:

Email:

School / Class / Department:

Perspective 1

Q1. What is happening? (the problem, question, or thing we're thinking about)

Write it in your own words. If you can't think of anything, write 'Not sure yet.'

Q2. Whose view is this? (friend, teacher, coach, etc.)

Name the person. If you can't think of anyone, write 'Not sure yet.'

Q3. What do they think?

Write one thought. If you can't think of anything, write 'Not sure yet.'

Q4. What else might they say?

Add another idea if you want. If not, leave blank.

Q5. Why might they think that?

Write one reason. If you can't think of anything, write 'Not sure yet.'

Q6. Any other reasons?

Add more if you want. If not, leave blank.

Q7. How could this change what happens?

Explain in simple words. If you can't think of anything, write 'Not sure yet.'

Tool #14A – Mastery Checklist

Name:

Date:

School / Class / Department:

Phone / Extension:

Team / Role:

Step 1

Q1. Step Name (short label):

Q2. What is the action? (what to do):

Q3. Do I understand? (Yes / No / Not Yet):

Q4. What I don't understand about this step:

Q5. How can I show I understand?

Q6. Why this step matters:

Step 2

Q1. Step Name (short label):

Q2. What is the action? (what to do):

Q3. Do I understand? (Yes / No / Not Yet):

Q4. What I don't understand about this step:

Q5. How can I show I understand?

Q6. Why this step matters:

Step 3

Q1. Step Name (short label):

Q2. What is the action? (what to do):

Q3. Do I understand? (Yes / No / Not Yet):

Q4. What I don't understand about this step:

Q5. How can I show I understand?

Q6. Why this step matters:

Tool #14B – Mastery Checklist

Name:

Date:

School / Class / Department:

Phone / Extension:

Team / Role:

Part 1

Q1. Step Name (short label):

Q2. What is the part or idea?

Q3. What I don't understand about this part:

Q4. How can I show I understand?

Q5. Why this part matters:

Part 2

Q1. Part Name (short label):

Q2. What is the part or idea?

Q3. What I don't understand about this part:

Q4. How can I show I understand?

Q5. Why this part matters:

Part 3

Q1. Part Name (short label):

Q2. What is the part or idea?

Q3. What I don't understand about this part:

Q4. How can I show I understand?

Q5. Why this part matters:

Tool #15 – Blind Spot Detector

Name:

Date:

School / Class / Department:

Q1. Things I Know

If you can't think of anything right now, write 'Not sure yet.'

Q2. Things I Know I Don't Know

If you can't think of anything right now, write 'Not sure yet.'

Q3. Things I Don't Know I Don't Know

If you can't think of anything right now, write 'Not sure yet.'

Q4. Things I Learned Without Realizin

If you can't think of anything right now, write 'Not sure yet.'

Tool #16 – Collaboration Bridge

Name: _____

Date: _____

School / Class / Department: _____

Q1. Who is the other group?

Use kind words.

Q2. What is the problem?

Use kind words.

Q3. How does the problem make it harder for you / your group?

Use kind words.

Q4. Why do you think this happens?

If you're not sure, write 'Not sure yet.'

Q5. What can make it better?

Use kind words.

Q6. What would you ask the other group?

Use kind wordUse kind words.s.

Q7. How do you think the other group sees the problem?

Use kind words.

Q8. What can your group do to help too?

Use kind words.

Tool #17 – Impossible Made Simple

Name: _____

Date: _____

School/Class/Department: _____

Q1. What's something you think is really hard (like rocket science)?

Pick any big topic that seems impossible.

Q2. Write down everything you can think or wonder about it.

List ideas, questions, or guesses

Q3. Circle or write the part that confuses you most.

Write the part that is hardest to understand.

Q4. Do a little research (ask your teacher, look in a book, or search with help).

Write what you find.

Q5. Try to explain it simply, like you're teaching a friend.

Write it in simple, clear words.

Reformulation

Name:

Phone Number:

.....

.....

Email:

Classroom / Teacher's Name:

.....

.....

Prompt 1

What do you understand now? (Use your own words.)

Prompt 2

Why was this confusing to you before? What part didn't make sense earlier?
