

Tool #5 Learning Habits Self-Study

Name: _____

School / Class: _____

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: _____

Write or draw what's tricky, confusing, or on your mind:

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

☐

Okay with it

What do you usually do when something doesn't make sense?

Q4. Something I didn't understand at first

Can you think of a time when you didn't understand something at first, but then you figured it out?

WHAT HELPED YOU FIGURE IT OUT?

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:
