

Name: _____

Date: _____

A reflection on how I learn best...

Describe your perfect learning environment.

Circle the learning strategies that work best for you. Fill in the blanks with other strategies that work for you.

<i>Trying problems again</i>	<i>Making and reviewing flashcards</i>	<i>Teaching the topic to someone else</i>
<i>Studying with a partner</i>	<i>Asking questions</i>	<i>Reviewing my notes</i>
<i>Taking notes</i>	<i>Acting on feedback</i>	<i>Pausing for a brain break</i>
<i>Identifying connections between this topic and another topic</i>		

Everyone is motivated by different things. What are some of the things that motivate you to learn new topics and skills?