



ALL ABOUT YOU

HOW ARE YOU DOING?

Congratulations for taking the first step in understanding how you learn!

So far, you have earned:

12400 silver coins

0 gold coins

39 gems

1 badge



and you completed level 1

Use these rewards at the Study Smart Shop or continue collecting for future treasures.

YOUR LEARNING STRENGTHS



Based on your responses, your strongest learning skills are **sustained attention, planning /prioritization**



This means that:

You may be able to focus on a task or person for a specific period of time without being distracted, tired or bored. You may be good at creating plans to complete specific tasks. This may be because the prefrontal cortex or front part of your brain is quite developed.



Learning might have been easier when you were able to

- take breaks when needed
- have extra time to complete tests and assignments
- use an audio to express your ideas

YOUR LEARNING NEEDS



The skills that were more challenging for you were **self-regulation, task initiation**

This means that:

It may be hard for you to think before you act or manage your emotions in order to complete specific tasks. This may be because the amygdala in the brain which controls your emotions may be still developing. It may be difficult for you to start tasks on your own without the support of others. This may be related to a fear of not being able to do a good job on the task.



SOME IDEAS

Since everyone learns differently, **a few activities that might be helpful** in meeting your needs are:

Use headphones to listen to calming nature sounds while studying for a test or working on a big assignment. Ask your teacher for an example of the hardest part of the task before getting started.



YOUR INTERESTS



We will guide you on how to continue getting the support you need.



We will also help your teachers understand how they can **combine your interests into your school work** of watching sports, watching movies, shows or plays, playing computer or video games, connecting with friends or classmates, and other interests



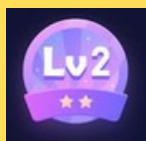
YOUR GOALS

Some of your goals to improve your skills are

- to become less nervous about taking tests
- to use a calendar or agenda regularly
- to make more choices on your own
- to participate more in class discussions
- to take more ownership of your learning



READY FOR LEVEL 2?



There is still so much more to learn about you and many more ways your teacher might be able to support you.

So, the next step is to continue the activities and develop a plan you can share with your teachers so they can teach you the way you learn best.