

MY BRAIN MANUAL

THIS IS HOW I STUDY BEST

Every person is different and every brain is different. It is also different for everyone how we like to learn, collaborate and find structure. Answer the following questions in your own words. You can give short answers or be detailed, whatever you like.

You can answer in the manual, but also any other way you like. Such as a mind map, a presentation, by recording it, or another creative form of your choice. Knowing what helps your brain and how it works will also be a great advantage in the future.

Share your brain manual with your teacher or mentor so that they can guide you better!

1. About me

What are three words that best describe me?

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What do I find important in my studies and for my future?

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What excites me, both within and outside my studies?

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2. How I learn

How do I learn best? (e.g. by listening, reading, doing, or collaborating)

Which methods of explanation work well for me? (e.g. short and clear explanations, practical examples, or visual aids such as diagrams and videos)

What helps me remember new information? (e.g. repeat, associate, summarize)

3. What helps me concentrate

What kind of environment do I prefer to work in? (e.g. a quiet space, a place with background noise, or a place where I can move)

What helps me stay focused during lectures or independent study?

What can a teacher do to help me if I have difficulty paying attention?

4. How I deal with challenges

What do I do if I don't understand something or get stuck? (e.g. asking for additional explanation, going to a fellow student, or taking some distance and reassessing at a later time?)

How can a teacher support me if I find something difficult?

What helps me to persevere when I find something difficult or frustrating?

5. My strengths

What are my greatest talents or things I am proud of?

How do I use my strengths during my studies?

How can I help others in my group or class?

6. Feedback and communication

How do I prefer to receive feedback from a teacher? (e.g. personally, in writing, in small steps, or with concrete examples)

How do I show that I don't understand something or need help with something?

What can a teacher do to make receiving feedback most valuable and helpful to me?

7. What motivates me

Which topics or subjects do I like most? Why?

What motivates me to continue when I am less interested in my studies? (e.g. a goal, a compliment, or variety)

What can a teacher do to help keep me motivated?

8. My senses and energy

Am I sensitive to things like sound, light, or other stimuli? How do I notice that and what helps me deal with it?

What do I need to maintain my energy and focus during a lesson or study day?

How do I deal with stress, and what helps me to relax?

9. Practical tips for teachers

What do teachers absolutely need to know about me to understand me better?

What is one thing a teacher can do to help me be successful in my studies?

10. Summary

If a teacher had to remember one thing about my learning style, what would it be?
