

My Learning Preferences-Written

I am an expert on how I learn. Knowing what helps me learn can help me at school, at work, and in everyday life.

Name: _____ Date: _____

When I Learn Something New...

Seeing It Helps Me

- ☐ I like pictures.
 - ☐ I like charts or diagrams.
 - ☐ I like someone to show me how to do it.
 - ☐ I like watching a video first.
 - ☐ I like seeing an example before I try.
-

Hearing It Helps Me

- ☐ I like someone to explain it.
 - ☐ I like asking questions.
 - ☐ Talking about it helps me remember.
 - ☐ I like learning with another person.
-

Doing It Helps Me

- ☐ I learn best by trying it myself.
 - ☐ I like hands-on activities.
 - ☐ I like practicing more than one time.
 - ☐ I remember things after I do them.
-

Reading and Writing Help Me

- ☐ I like written directions.
 - ☐ I like making a checklist.
 - ☐ I like taking notes.
 - ☐ I like reading directions before I begin.
-

These Supports Help Me

- ☐ I like learning one step at a time.
 - ☐ I like short directions.
 - ☐ I like extra time to finish.
 - ☐ I like taking short breaks.
 - ☐ I like using a timer.
 - ☐ I like checking my work when I finish.
-

My Learning Space

- ☐ I learn better in a quiet place.
 - ☐ I like wearing headphones to block noise.
 - ☐ I like sitting where there are fewer distractions.
 - ☐ I like good lighting.
 - ☐ I like having my materials organized.
-

Technology Helps Me

- ☐ I like using a computer.
 - ☐ I like using my phone or tablet to help me learn.
 - ☐ I like speech-to-text or text-to-speech tools.
 - ☐ I like reminders or alarms.
-

My Top Five Learning Supports

Choose the **5** things that help you the most.

- ★ 1. _____
- ★ 2. _____
- ★ 3. _____
- ★ 4. _____
- ★ 5. _____

I Learn Best When...

Finish these sentences.

I learn best when _____

One thing bosses or job coaches can do to help me is _____

One thing I can do to help myself learn is _____

My Learning Goal

This week I will try one learning support that works for me.

- ☐ Use a checklist
- ☐ Ask for an example
- ☐ Ask someone to show me
- ☐ Break the job into steps
- ☐ Take notes
- ☐ Practice again
- ☐ Ask questions
- ☐ Use reminders
- ☐ Other: _____