



HOW DO I LEARN BEST?

My Learning Checklist

Everyone
learns in
different
ways!

➔ **Directions:** Read each sentence.
Put a ✓ in the box if it helps you learn.

Name: _____ Date: _____



1. 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.



2. 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.



3. 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.



MY TOP FIVE LEARNING SUPPORTS

Choose the 5 things that help you the most.

1. _____
2. _____
3. _____
4. _____
5. _____



4. 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.



5. 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.



6. 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.



I LEARN BEST WHEN...

I learn best when _____

One thing teachers can do to help me is _____

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

One thing I can do to help myself learn is _____



7. 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 LEARNING GOAL

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

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



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

