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# UNDERSTANDING HOW YOU LEARN AND ADVOCATE FOR YOURSELF

A SELF-REFLECTION GUIDE FOR STUDENTS



# INTRODUCTION

High school requires more independence, planning, and responsibility. Understanding **how you learn best** can help you manage school more effectively and prepare for what comes next.

This guide is designed to help you reflect on:

- Learning environments that support your focus
- Situations that require more structure or support
- Strategies that help you stay on track

This is about **self-knowledge**, not labels.



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## SECTION 1: YOUR LEARNING PROFILE

Check what applies to you.

- I focus better with fewer distractions
- I work best when I control my pace
- I benefit from short breaks between tasks
- I prefer organized lessons with clear expectations
- I learn best when I can review instructions

Describe the type of environment where you learn best:

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## SECTION 2: PLANNING, TIME, AND STRESS

Some school demands require additional strategies.

- I find it hard to manage multiple deadlines
- I feel overwhelmed when work builds up
- Starting tasks is sometimes challenging
- Rigid schedules increase stress
- Unclear expectations make learning harder

One situation at school that requires extra support for me:

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## SECTION 3: SUPPORTS THAT HELP YOU SUCCEED

Not all supports are equally helpful. Consider what works for you.

- Clear weekly expectations
- Flexible pacing when appropriate
- Regular check-ins
- Private ways to ask questions
- Feedback that explains how to improve

Support strategies that help me succeed:

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## SECTION 4: EXPLORING ONLINE LEARNING

Online learning offers flexibility but still requires structure.

- I am comfortable learning independently
- I value flexibility in my schedule
- I can manage my time with support
- I would want consistent teacher feedback
- I want optional ways to connect with peers

One benefit I see in online learning:

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## SECTION 5: SELF-ADVOCACY SKILLS

These skills matter in high school and beyond.

- I can explain what helps me focus
- I can ask for clarification when needed
- I can communicate when something is not working
- I understand my learning strengths

One thing I want educators to understand about how I learn:

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## SECTION 6: PLANNING FORWARD

Looking ahead can help you make informed choices.

- I want learning to feel manageable
- I want to build independence gradually
- I want to feel prepared for future goals
- I want support as I continue developing skills



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## FINAL THOUGHT

Understanding how you learn gives you more choices and more control. These skills support success in school now and help you advocate for yourself in future academic and professional settings.

This guide is a starting point for making learning work better for you.



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