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HIGH SCHOOL

UNDERSTANDING HOW YOU LEARN BEST

A GUIDE FOR STUDENTS



WELCOME

Everyone learns best under different conditions. Some students focus better in quiet spaces. Others benefit from clear routines or working at their own pace.

This guide helps you notice **what supports your learning** and **what makes learning more challenging**, so the adults who support you can make school work better for you.

There are no right or wrong answers.



SECTION 1: HOW YOU LEARN BEST

Check the statements that feel true for you.

- I focus better in quiet or calm spaces
- I like learning at my own pace
- I work better when I can take short breaks
- I learn more when I can reread or rewatch lessons
- I feel more comfortable when I know what to expect

One thing that helps me learn well:



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SECTION 2: THINGS THAT MAKE LEARNING HARDER

Some learning situations require more support than others.

- Loud noise or lots of movement
- Long lessons without breaks
- Being rushed to finish
- Sudden changes in schedule
- Being asked to speak before I am ready

One thing that makes learning harder for me:



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SECTION 3: WHAT HELPS YOU STAY CALM AND FOCUSED

- Clear instructions
- A checklist or daily plan
- Knowing who to ask for help
- Extra time to think before responding
- Encouragement when I try something new

When learning feels manageable, it is usually because:



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SECTION 4: THINKING ABOUT ONLINE LEARNING

Online learning can look different from classroom learning.

- I like learning on a computer
- I like working independently sometimes
- I like having choices in my schedule
- I would want regular check-ins with a teacher
- I want options for connecting with other students

One part of online learning that sounds helpful to me:



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SECTION 5: SHARING WHAT YOU NEED

Learning works better when adults understand what supports you.

- I can say when instructions are confusing
- I can ask for help when I need it
- I can explain what helps me focus
- I understand that students learn in different ways

One thing I want my teachers to know about how I learn:



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SECTION 6: LOOKING AHEAD

Learning changes as you grow.

- I want school to feel more manageable
- I want to feel confident in my learning
- I want adults to understand how I work best
- I want support while I continue learning



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FINAL THOUGHT

Learning feels more manageable when your environment supports how you work best. This guide helps you notice what works for you and share that information with the adults who support your learning.

You are still learning about yourself, and that is part of growing as a student.



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