





How I Learn Best

Complete the four sections below, thinking carefully about your interests, how you like to learn, your strengths and which sort of environment you perform well in. You may find the keywords in the centre useful.

<p>Things I like or am interested in</p>	<p>My strengths</p>
 <p> maths writing books science music people drama cookery sports animals art computers </p>	<p> making decisions problem-solving leading others  listening well public speaking creative tasks </p>
<p>Learning styles that suit me</p>	<p>Environments I work well in</p>
 <p> watching others listening repeating doing it myself reading instructions </p>	 <p> indoors outdoors working alone working in groups in silence with music on </p>

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).