How My Brain Learns Best

Everyone has different executive function strengths and challenges. These skills can also feel easier or harder depending on the task, the environment and how we are feeling.

There are no right or wrong answers. Tick what feels most like you today.

How do these things feel for you?

	Usually OK	Sometimes tricky	Often tricky
Getting started when I know what I need to do	☐	☐	☐
Remembering instructions or what I need to do	☐	☐	☐
Staying focused on what I am doing	☐	☐	☐
Deciding what to do first	☐	☐	☐
Keeping track of my work, equipment or belongings	☐	☐	☐
Knowing how much time I have and using my time	☐	☐	☐
Coping when plans or tasks change	☐	☐	☐
Stopping and thinking before I act or speak	☐	☐	☐
Keeping going when something is difficult or takes a long time	☐	☐	☐
Managing big feelings so that I can keep learning	☐	☐	☐
Noticing when I am stuck and knowing what might help	☐	☐	☐

What can make these skills harder to use?

Tick anything that feels true for you.

- ☐ I am tired, hungry, worried or stressed
- ☐ The instructions are not clear to me
- ☐ I do not know what I am meant to do first
- ☐ There is too much information at once
- ☐ There is lots of noise, movement or distraction
- ☐ I feel rushed

- [ ] The task feels too big or overwhelming
- [ ] The task is unfamiliar
- [ ] Something else: _____
- [ ] Something has changed unexpectedly

What helps your brain?

- [ ] Seeing instructions written down
- [ ] Being shown the first step
- [ ] Seeing how much time I have
- [ ] Having more time to think
- [ ] Having a short movement or reset break
- [ ] Something else: _____
- [ ] Having fewer steps at once
- [ ] Knowing what is going to happen next
- [ ] Having a task broken into smaller stages
- [ ] Working somewhere with fewer distractions
- [ ] A quiet, private check-in from my teacher

One thing I would like my teacher to know about how my brain learns is...