



## How do you like to work and learn?

Imagine that you are learning something new.

Name:

<p><b>Where</b></p> <p>Do you prefer: (tick up to 4 boxes)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Noise (e.g. music/TV)</li><li><input type="checkbox"/> Silence</li><li><input type="checkbox"/> Bright light</li><li><input type="checkbox"/> Dim or soft light</li><li><input type="checkbox"/> A hot room</li><li><input type="checkbox"/> A warm room</li><li><input type="checkbox"/> A cool room</li><li><input type="checkbox"/> A cold room</li><li><input type="checkbox"/> To be outside for some of the time</li><li><input type="checkbox"/> Other</li></ul> <p><b>You</b></p> <p>Do you prefer to: (tick up to 3 boxes)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Sit at a desk</li><li><input type="checkbox"/> Sit in a comfy chair</li><li><input type="checkbox"/> Lay down on the floor/bean -bag</li><li><input type="checkbox"/> Get up and move about</li><li><input type="checkbox"/> Stay still in one place</li><li><input type="checkbox"/> Eat (snacks) as you work</li><li><input type="checkbox"/> Other</li></ul> <p><b>Getting Started, Keeping Going</b></p> <p>Do you: (tick up to 3 boxes)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Find it is easy to start</li><li><input type="checkbox"/> Need a time target</li><li><input type="checkbox"/> Continue with a task until it's done</li><li><input type="checkbox"/> Do several jobs at once</li><li><input type="checkbox"/> Stick at one job until it's done</li><li><input type="checkbox"/> Get easily distracted</li><li><input type="checkbox"/> Other</li></ul>	<p><b>When</b></p> <p>Do you prefer to learn: (tick up to 3 boxes)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Early morning</li><li><input type="checkbox"/> Mid - morning</li><li><input type="checkbox"/> Afternoon</li><li><input type="checkbox"/> Evening</li><li><input type="checkbox"/> Late evening</li><li><input type="checkbox"/> Night</li><li><input type="checkbox"/> Other</li></ul> <p><b>How</b></p> <p>When you are learning, do you prefer: (tick up to 8 boxes)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> To learn in small steps</li><li><input type="checkbox"/> To get the 'Big Picture' first</li><li><input type="checkbox"/> To have time to reflect</li><li><input type="checkbox"/> To work alone</li><li><input type="checkbox"/> To work in pairs</li><li><input type="checkbox"/> To work in a team</li><li><input type="checkbox"/> To read</li><li><input type="checkbox"/> To listen</li><li><input type="checkbox"/> To see (e.g. demonstration)</li><li><input type="checkbox"/> To have a go yourself</li><li><input type="checkbox"/> To talk to others</li><li><input type="checkbox"/> To self-talk</li><li><input type="checkbox"/> To write</li><li><input type="checkbox"/> To doodle</li><li><input type="checkbox"/> To fiddle</li><li><input type="checkbox"/> Other</li></ul>
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