

## Exercise 2: Your learning style - what do you need to learn well?

Think about the conditions under which you yourself can learn best.

- What needs to be fulfilled in yourself?
- Can you learn best when you are completely calm and relaxed, when you are slightly activated or when you are very excited? (Survival)
- How can you create this state when you intend to learn something?
- How much and how long can you learn in one piece before your concentration wanes? (Freedom)
- When you notice your concentration slipping, it's a good idea to take a break where you can move around and let what you've learned sink in before you continue.
- What supports you to learn in a concentrated way? Power.
- Do you need a free table where nothing distracts you, do you need movement, is it easier for you if you read aloud or mark the important parts?
- How can you motivate yourself to learn if you find the material not so interesting? (fun)
- Think about the benefits of learning something well. Where in your life can this help you? How can you reward yourself in a meaningful way?

*Your notes*