|  |
| --- |
| Aquarell, Pinselstrich, Farbe, Abstrakt, Textur, Bürste**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* |