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| 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?
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| *Your notes* |