





# How I Learn Best

Complete the four sections below, thinking carefully about your interests, how you like to learn, your strengths and which sort of environment you perform well in. You may find the keywords in the centre useful.

Things I like or am interested in	My strengths
 <p>           maths    writing            books    science            music    people            drama    cookery            sports    animals            art    computers         </p>	<p>           making decisions            problem-solving            leading others             listening well            public speaking            creative tasks         </p>
<p>           watching others             listening            repeating            doing it myself            reading instructions         </p>	<p>           indoors             outdoors            working alone            working in groups            in silence            with music on         </p>
<p><b>Learning styles that suit me</b></p>	<p><b>Environments I work well in</b></p>

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).