Handout 1-A: About Me as a Learner

Session 1 · about 15 minutes to draft, plus 5 minutes to refine at the end of the week

This is a working document, not a test. You'll draft it in Session 1 and refine it in the end-of-week self-check. Sharing it with anyone is always optional.

Section	Your entries
1. Two strengths	a) … b) …
2. Two challenges	a) … b) …
3. One condition that helps or hurts (for example, "I focus better in the morning")	…
4. One (or more) workarounds I already use	a) … b) …
5. My "why" (one sentence; you'll expand it in Session 3)	…
6. One thing I'm curious about in how I learn	…

Options

Fill it in as a form, record a short voice memo walking through the six boxes, or write it as a letter to your future self. All count.

Worked example

This is one way it can look. Yours will be different, and rough is fine.

Section	Example entries
1. Two strengths	a) I keep going once I've started. b) I ask good questions when something doesn't make sense.
2. Two challenges	a) I put off the first step on big projects. b) I lose focus after about 20 minutes of reading.
3. One condition that helps or hurts	I focus better in the morning, before the house gets busy.
4. Workarounds I already use	a) I set a 25-minute timer. b) I read hard material out loud.
5. My "why"	I want to finish this certificate so I can change careers and feel proud of myself.
6. Curious about	Why do I remember things I hear better than things I read?