

Intro to My Learning Portfolio (10)

This is a semester-long project. To find the techniques/strategies that work best for you in all these areas.

Tips

- Some of these techniques you may already be utilizing; these should be included
- But there needs to be 2-3 in each area that are new or that you haven't practiced on a regular basis
- In some cases you might put down techniques that you think you want to try, even if you are not sure they will work for you. Go ahead and try new things. If they don't work well (after a few weeks), you can take them off your list, and put new ones on.

Complete My Learning Portfolio

1. Review notes on Note-taking, Time Management, Test-taking
2. List 2-3 techniques in each of these areas that would make you a more effective student
3. Put a reminder note in your Weekly Plan or Day Planner when you will practice this technique

[I will review your Learning Portfolio during our counseling appointments.]

Class Discussion:

1. Take out your notes on Note-taking; what were the techniques mentioned?
2. What were the techniques for Time Management? For Test Taking?
3. Put a star next to the 2-3 techniques that you think would help you the most. These will be different for each of you.

My Learning Portfolio

Spring 2007

Name _____

Helpful Study Skills & Techniques

Note taking:

	Technique	Results/Comments
1		
2		
3		
4		

Time Management:

	Technique	Results/Comments
1		
2		
3		
4		

--	--	--

Memory:

	Technique	Results/Comments
1		
2		
3		
4		

Overcoming Procrastination:

	Technique	Results/Comments
1		
2		
3		
4		

Reading Textbooks:

	Technique	Results/Comments
1		
2		
3		
4		

Learning Math:

	Technique	Results/Comments
1		
2		
3		
4		
5		

Test Preparation:

	Technique	Results/Comments
1		
2		
3		
4		

Test-Taking:

	Technique	Results/Comments
1		
2		
3		
4		
5		

My Learning Style and Personality Type

My Preferred Learning Style: _____
 (Audio, Visual, Tactile/Kinesthetic)

My Strongest Intelligences: _____

Learning Techniques that utilize my preferred styles:

	Technique	Results/Comments
1		
2		
3		
4		

Learning Techniques that will help build my less preferred styles:

	Technique	Results/Comments
1		
2		
3		
4		

My Personality Type: _____

1. Introvert/Extrovert
2. Sensing/Intuition
3. Thinking/Feeling
4. Judging/Perceiving

Most dominant type(s): _____

Learning strategies & preferences that reflect my personality type:

	Strategy & Preference	Results/Comments
1		
2		
3		
4		

Techniques & strategies that will strengthen my less dominant types:

	Technique	Results/Comments
1		
2		
3		

Other Tips, Techniques, Strategies, Ideas That WILL HELP ME LEARN

	Technique	Results/Comments
1		
2		
3		
4		
5		

Positive thoughts, self-talk, quotes, etc.