

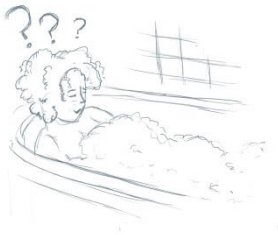
HOW DO YOU LEARN BEST?

Theory



[Learning styles VAK](#)

THINK ABOUT



- How do you learn best?
- Do you need to talk this through with people?
- Who are the right people?
- Who are the people you definitely don't want to talk about it to?
- Do you like to see things and do things visually?
- How can you make this fun? Glitter pens? Glue? Paints? Pencils?
- What did you like best about

DO



- Find what you need to get most out of the course for yourself:
- The right places
- The right time
- The right people to support you
- Clarify how you might hold yourself back from getting what you want
- Clarify what you want from this course