



My Learning Strengths Inventory

Thinking

- I enjoy deep thinking
- I can remember facts and ideas easily
- I am good at reasoning things out
- I am a strong visual thinker

Learning

- I have great ideas!
- I can learn easily in some areas
- I can deep-dive into some areas
- I am really curious

Doing

- I can see a lot of different possibilities
- I focus really well when I am building and tinkering
- I love to express my ideas through art, music or drama
- I have a really vivid imagination

Expressing Emotions and Interacting

- I am aware of my own and other people's emotions
- I can manage my emotions without getting too overwhelmed
- I can 'read the room'
- I get involved with everything

Beliefs about Learning

- I really enjoy learning
- I know that I am capable of learning what I want to learn
- I know that I can always improve
- I want to do well

Organising

- I can work out quickly what is needed in learning activities
- I can set and work towards my own goals
- I am well organised for learning
- I can keep track of how things are going

Focusing

- I can focus intensely on my learning
- I can focus for a good length of time when I am learning
- I have a lot of energy for learning
- I have a lot of interest areas