

## How Do I Learn?: A Learning & Productivity Assessment: Student Worksheet

**Goal:** You will complete a learning and productivity inventory in order to reflect on ways you can optimize your learning environments for better focus and productivity.

### Part I: Introduction – Bell Work

- Sign in to **CaliforniaColleges.edu**.
- At the top of the page, hover over **Career** and then click on **Learning & Productivity** and complete the inventory. Take your time to carefully review and consider each statement. There are no right or wrong answers.

### Part II: Activity

1. Take time to thoroughly review your results.
2. Which preferences make sense to you and reflect what you already know about yourself? Why?
3. Which preferences either surprise you or are new to you? Why?
4. Based on your results, write a brief description of what your perfect learning environment is.
5. Share your description with an elbow partner.

### Part III: Reflect

- Go to **My Plan** and then **My Journal**. In the **Academic Journal** section, find **prompt #02:** *“How can you change your environment to make sure you are doing your best learning?”*
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.