Identifying your personal learning style can go a long way towards helping you maintain motivation and study in the most effective way possible! Think about the following questions in terms of your own experiences and knowledge of yourself.

1. When am I at my best? When am I most able to concentrate and work effectively?

2. What kinds of study tasks should I do at these “optimum” times?

3. What can I do with my “flat times” times?

4. Where do I do my best work? What is my optimum environment?
Maintaining Momentum
Action Sheet

5. What can I do to reorganise my study space so that it is my “optimum environment”?

6. What are my usual “distractors”? And how can I overcome them?

7. What things can I do to motivate myself? What are some rewards I might use?

8. What can I do if I encounter hurdles in my learning? List three strategies
   i.
   ii.
   iii.