

My Learner User Manual

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Describe your learning preferences and a specific support you can request.

You are more than a label, score or one kind of strength. A user manual tells adults what helps you learn and what you are curious about. Your preferences can change. Share only what you choose, and leave personal or medical details out.

Your steps

1. Describe strengths and interests using examples.
2. Name one task that challenges you without judging yourself.
3. Choose learning conditions you want to test.
4. Write one specific request for an adult.

1. What makes me, me

Draw, list or write; strengths can be academic, creative, practical or social.

A strength + an example	An interest I want to explore
A challenge I am working on	Something people may not notice about my learning

2. How I learn best — for now

Choose a condition and explain how you could test it.

Learning need	My preference	A test / example
Getting directions		
Practicing an idea		
Showing understanding		
Managing workspace		

My Learner User Manual · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. A useful adult request

Make a request about the task or environment, not a demand to be perfect.

“It helps me when...”	“Could I try... because...?”
What I want to keep private	How I will know the support helped

My next step

One part of my manual I choose to share is...

Optional stretch · Grades 6–8

Identify a preference that changes by subject or task. Explain the evidence rather than treating a preference as a fixed learning type.

Optional teacher / parent follow-up: Invite student choice about sharing. Avoid turning this into a diagnosis or assuming all gifted learners have the same needs.