

SUPPORTING LEARNING



Did I try something challenging?

Did I do better than last time?

ENCOURAGE YOURSELF

BE KIND TO YOURSELF

YOU DO NOT HAVE TO SUCCEED IMMEDIATELY.
Develop your learning skills and pick up what works for you.

CHANGE YOUR APPROACH:
Something can be both a challenge and a strength, depending on the situation.

QUESTION AND CHALLENGE
unpleasant thoughts: We often are harsher on ourselves than others.



LEARNING TOOLS AND MEANS

CONSIDER what kind of support would you like to receive: understanding, advice, services?

ASK FOR HELP even if it feels difficult. You have the right to get help.

FINDING SOLUTIONS TOGETHER

SEEK SUPPORT:

- **FAMILY AND FRIENDS**
- **PEER GROUPS**
([Finnish Diverse Learners and Learning Support Centre](#))
- **PROFESSIONALS** (e.g. student welfare, health care, occupational health care, employment services, organisations)

UTILISE TECHNOLOGY:
Use dictation or listen to a text. Find an application that helps you with maths, focusing or time-management skills.



FIND THE RIGHT METHODS FOR YOU:
Use your strengths to support your memory (images, videos, speech, singing, movement), schedule your tasks into small parts, set the bar low for getting started; just a few sentences is a good start.



FIND THE SUITABLE TIME AND ENVIRONMENT: Silence or background noise, a clean desk or a sofa, morning or evening, listening to an [audiobook](#) while on a walk?