

Neurodivergent Learning Toolkit

Learning Style Self-Check



Visual

I learn best when I see pictures, charts, and diagrams



Auditory

I learn best when I hear explanations and tell stories out loud



Kinesthetic

I learn best when I move, build, and engage my senses



Social

I learn best when I exchange ideas with others

Favorite Learning Tools



Mind maps



Visual schedules



Noise-canceling headphones



AI learning apps



Text-to-speech



Audiobooks



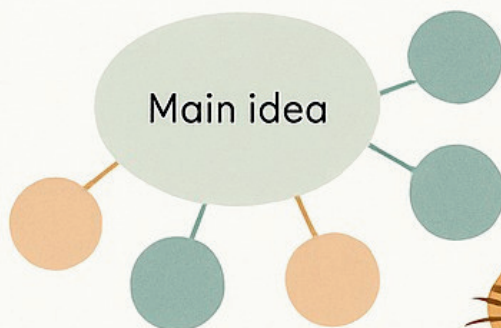
Speech-to-text



Flashcards



Weekly Mind Map



Building a Study Routine



25 min Review Notes



5 min Take a break



25 min Complete Worksheet



5 min Take a break

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Positive Self-Talk



I am proud
of myself



I can ask for
help when
I need it



I deserve to
take a break

