



*Student responses to supports and barriers to learning.
Generated by students during conversations about goal-setting.
This list is not intended to be comprehensive, rather a place to start
the conversation about how learning happens for each student.*

SUPPORTS TO LEARNING	BARRIERS TO LEARNING
maintain high expectations find the root problem find a solution engage in problem solving accept struggle learn independently focus on tasks take your time explain your thinking	time schedule task is boring work is not challenging distractions talking off topic being off-task not paying attention
take risks	
positive self-talk positive mindset make time correct mistakes challenge yourself	forgetting goals not revisiting goals being confused not trying not interested
reflect	self-bullying
find big ideas be curious persevere	screentime
ask yourself questions ask others questions show determination give your best effort pay attention stay relaxed stay focused focus in class know yourself as learner listen to others listen to self breathe	not believing you can improve frustration not liking to ask questions resisting help
write about reading choose books you like learn new vocabulary take notes read, read, read read with a purpose	learning new vocabulary boring books
be resourceful	clicking through technology
exercise eat nutrient rich food do academic school work at home	lack of sleep poor nutrition health issues

SUPPORTS TO LEARNING

BARRIERS TO LEARNING

