



Name: **Example Student**

Date: **9 December, 2008**

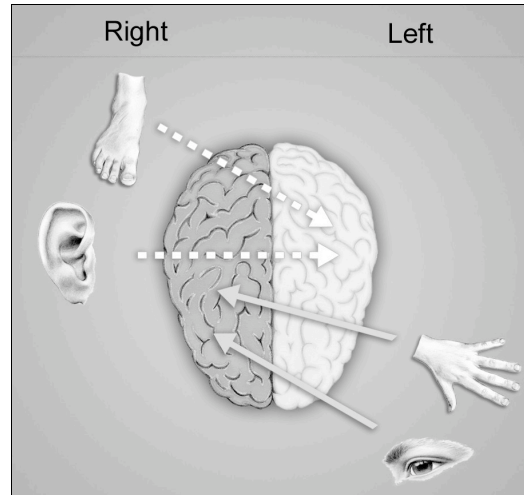
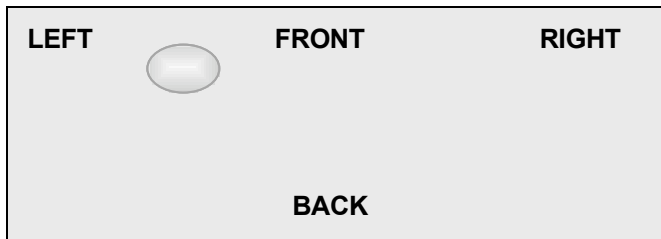
Assessor: **Simon Olding**

Code: **ILP 30**

Lead Hemisphere	Holistic - Right Brain
Natural Strengths	Visual, Non-verbal communication
Inhibited Under Stress	Auditory, Movement

A good place to sit

In the classroom you will benefit from sitting close to the front on the left hand side






Some ideas to make learning easier

- You will learn best with a 'hands-on' teaching approach. When learning new skills in a classroom write things down, draw or doodle.
- Stop and think before you speak. You are very good at communicating thoughts and feelings, and use expressive language and gestures to tell your stories. However, you need to stop and centre yourself in order to be able to convey the details.
- Bring yourself to a positive and relaxed state when listening. You will find listening a challenge especially when stressed. You favour listening to the details and communicating ideas in a logical way. But you first have to understand the intention, purpose and bigger picture to do this.
- You will find yourself wanting to make plans and also just to follow your instinct. When stressed, planning will be difficult. Do your best to use both your intuition and your need for structure to plan your activities.

Exercises for whole brain learning

A few minutes everyday or whenever you're struggling

	Opposites - Standing up, slowly lift the left knee up and touch with the opposite hand. Lower and repeat with the other side. Keep the back straight and swing the arms from the shoulders. Carry on for approximately 1 minute.
	Flexible Listener - Squeeze a tight spot on your shoulder/neck area and turn your chin to look over the hand. Breathe out while slowly turning the head so you look over the other shoulder. Repeat 3 times both sides
	Smart Ears - Put the fingers behind the ears. Drag the thumbs to pull and stretch the ears from the middle over the top. Move around the ear pulling from the middle each time. Repeat 3 times