

Quiz to know myself a bit more

Metacognitive skill targeted: self-reflection, critical thinking

Age group: 8+

Activity Description

This short quiz helps you know yourself a bit more and helps you understand how you learn.

The questions focus on your **habits, focus, emotions, or preferences**.

This test won't give you a result. We all learn differently and there is not one method that is better than another. You just need to find the one that suits your needs!

Let's start!

Read the quiz and answer the questions.

No answer is “wrong”—just different learning needs.

1/ What happens when I try to focus on my work?

- A. I get distracted by noise or movement around me.
- B. I start working fast but then get tired or give up.
- C. I focus well but sometimes miss details.

My solution to avoid this situation: _____

Tips: you can try noise-cancelling headphones, focus timer, writing a checklist

2/ When I do homework or revise, I usually...

- A. Start but don't always finish.
- B. Forget what I did the next day.
- C. Work fine but get bored.

My solution to avoid this situation: _____

Tips: try setting short goal, teaching it to someone, or mixing writing and drawing

3/ What helps me remember things best?

- A. Saying it out loud or explaining it.
- B. Drawing or making a visual map.
- C. Rewriting it or practicing with flashcards.

My solution to avoid this situation: _____

Tips: try setting short goal, teaching it to someone, or mixing writing and drawing

4/ What do I do when I feel frustrated in class?

- A. I give up or stop listening.
- B. I try to keep going but it gets worse.
- C. I ask for help, but I still feel bad.

My solution to avoid this situation: _____

Tips: try relaxation cards, the traffic light thinking, or take a 3-breath pause

5/ What's the hardest part of a task for me?

- A. Getting started
- B. Knowing what to do next
- C. Finishing what I started

My solution to avoid this situation: _____

Tips: try plan step-by-step, “If-Then” habit loop, partner check-in

Next steps

Now that you have answer the quiz, you can share your answers with your teacher and find together the tools that can help you.

You can also share your answers with a friend and compare your answers and exchange your tips.