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Week 1: Learning Foundations & STEM Confidence

Module 3: Optimize Your Learning Experience

Lesson: Why Doesn't Everyone Learn the Same Way?

Designing Your Best Learning Setup

Lesson Overview

Students will explore how learning differs from person to person and identify factors that impact their focus and productivity. They will use this understanding to design a personalized learning setup that improves how they study.

Learning Targets

Explain why learning works differently for different people.

Identify factors that affect my learning environment.

Design a study setup that works best for me.

Vocabulary

Optimize
Make something work as well as possible

Learning Environment
The place and conditions where learning happens

Cognitive Fatigue
When your brain gets tired from thinking

Self-Reflection
Thinking about what works and what does not

Study Efficiency
Getting better results in less time

Materials

Module
Whiteboard or chart paper
Markers
Paper or notebooks

Instructional Notes

Students often assume there is one correct way to study. Reinforce that learning is influenced by multiple factors and varies by individual. Encourage students to reflect honestly on their habits and to try small, realistic changes.



Learning Experience

8 min	Opening	Ask students to think about their personal learning habits: • Where do you usually study? • When do you focus best? • What helps you focus? • What distracts you? Have students first decide: "Which habits help learning the most? Why?" Then invite 2–3 students to share responses. Record key ideas on the board. Ask the class: "Is there one best way to learn?" Facilitate a brief discussion and guide students to recognize that different setups can all be effective. Students: • Reflect on their own study habits • Identify which habits help learning most • Share responses with the class • Listen to others and compare ideas • Participate in class discussion
15 min	Module	Focus: • Why learning differs between people • What factors affect learning • How to improve learning through environment and habits Quick checks: • Identify one factor that affects how you learn • Turn-and-talk: "Which factor matters most for you and why?"
15 min	Application	Divide students into pairs or small groups. Assign each group a student scenario (e.g., easily distracted, tired, busy schedule, disorganized). Provide structure: WHAT, WHEN, WHERE, HOW Direct groups: Design a learning plan using WHAT, WHEN, WHERE, and HOW, and be ready to explain why it will work. Have groups share 1 key idea (instead of full presentations). Ask students to choose one change they could apply to their own learning. Students: • Work collaboratively to design a learning setup • Use WHAT, WHEN, WHERE, and HOW to organize ideas • Explain why their plan would be effective • Share one key idea with the class • Identify one personal change to try Sentence frame: This setup works because _____.



2 min	Reflection	What is one change you will try this week to improve your learning, and why will it help?
2 min	Career Connections	In careers such as healthcare and science, people must manage their time, environment, and focus to learn efficiently. Professionals often adjust their strategies based on what works best for them. Developing these skills now helps students become more effective learners in school and future careers.