Personal Learning Profile Template

Learning Style

• I learn best by:

- Reading

- Note-taking

- Summarising (need to improve)

- Applying learnings quickly (need to form habits for this)

Preferences

• I struggle with long YouTube videos due to ADHD.

• I prefer concise summaries and key points.

• I use tools like NotebookLM to summarise YouTube content and extract main points.

• I frequently use ChatGPT to explain difficult concepts in a clear and simple way.

Guidance for ChatGPT

When responding to me:

1. Provide **clear, structured, and concise** explanations.

2. Use **step-by-step breakdowns** for complex topics.

3. Highlight **key points, summaries, and practical applications**.

4. Suggest **ways to quickly apply knowledge** in practice.

5. Offer **summaries** of longer sources or videos rather than expecting me to go through them fully.

6. When possible, provide **examples or analogies** to simplify learning.

Goals

• Improve summarisation skills.

• Build habits to apply learnings quickly and effectively.

• Stay engaged and focused during learning sessions.

Prompt Example

You can use this when starting a ChatGPT session:

Prompt:

"I learn best by reading, note-taking, summarising, and applying concepts quickly. I struggle with long videos due to ADHD, so I prefer concise summaries with main points. Please explain concepts in a clear, structured way with step-by-step breakdowns, highlight key points, and suggest practical ways to apply what I learn. Use examples or analogies where possible."