

7. Preference for Structure (Highly Structured)	Cognitive Structuring Theory	Offers clear, step-by-step planning templates and checklists to organize learning into predictable, manageable segments.
8. Preference for Structure (Open-ended)	Cognitive Flexibility Theory	Builds in open tasks, brainstorming sessions, and creative problem-solving exercises to support exploration and big-picture thinking.
9. Pace of Learning (Self-paced)	Self-Regulation Theory	Empowers learners to set their own timing—pausing, reviewing, or accelerating—so they stay in control of mastery and confidence.
10. Pace of Learning (Guided)	Self-Regulation Theory	Integrates regular check-ins, feedback loops, and suggested timelines to help learners stay on track with external guidance.
11. Goal Orientation (Immediate Performance)	Motivational Dynamics Theory	Uses short-term targets and rapid rewards (e.g., mini-quizzes, flashcards) to spark quick wins and sustain momentum.
12. Goal Orientation (Deep Mastery)	Motivational Dynamics Theory	Encourages intrinsic interest—like project-based assignments or in-depth case studies—to foster lasting understanding and passion for the subject.
13.1 Mental Orientation – Oral (Anxiety)	Communication Apprehension Theory	Identifies need for supportive environments to reduce fear of speaking and build verbal confidence through gradual exposure