

- **Beyond Sensory Focus:** Cultivating self-management skills (like organizing your materials), regulating your emotions (staying calm under pressure), and maintaining motivation are just as vital as choosing how you prefer to learn.



Exhibit 5.1

## 2. How We Defined the Learning Traits

We selected these core learning traits to capture every dimension of effective study—from how students take in information to how they manage their time and motivation. Our choices rest on three guiding principles:

- **Integrated Foundations**

We drew on established research into sensory preferences, hands-on learning processes, and self-directed study strategies to ensure a well-rounded framework that reflects the full learning journey.

- **Actionable Focus**

Each trait can be translated into clear, practical steps. For example, visual learners might use diagrams and color-coding, while students who need stronger planning can adopt simple goal-setting and progress-check techniques.