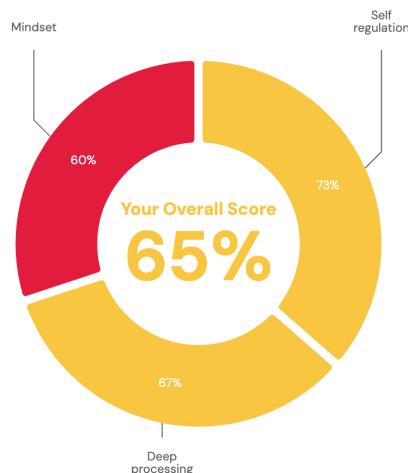


# Your learner type is Trooper!

Thank you, sonya! If you've chosen to receive emails from us, we've sent a comprehensive report to stefanieharm@gmail.com.

Trooper learners have high self-regulation skills, which make them adaptable learners. However, their potential is bottlenecked by their deep processing habits. Based on your results, improving deep processing habits will unlock significant improvement in your learning and self-management ability.

● High-yield for improvement      ● Some optimisations possible      ● Great!



We've scored you against the following evidence-based dimensions of learning:

#### Self regulation

Your self-awareness of learning processes and your ability to make effective adjustments to your technique.

73%

Some optimisations possible

#### Deep processing

Your ability to evaluate and organise information, form connections, and extract meaningful learning from information.

67%

Some optimisations possible

#### Mindset

Your habits and beliefs around growth, making mistakes, experimentation, and navigating uncertainty and challenges.

60%

High-yield for improvement



You're a Trooper!

Troopers have high self-regulation skills and a great growth mindset but are limited by deep processing habits

## Category breakdowns



## Self regulation

73%

Learning self-regulation (otherwise called self-regulated learning) is your ability to monitor and adapt your learning methods to achieve your learning goals.

Learning self-regulation affects your adaptability and is what enables your brain to perform to its full potential. If your brain is a car, learning self-regulation is your ability to drive it skillfully. Expert self-regulators are able to learn any subject, in any setting, to overcome difficult challenges. During COVID-19, researchers found that self-regulation ability allowed learners to mitigate the negative effects of lockdowns and learning disruptions, and in some cases even excel by turning it into an advantage.

Developing learner self-regulation skills involves:

1. Developing metacognitive awareness (the ability to know how you are thinking)
2. Being able to monitor your cognitive processes while learning
3. Learning about what effective processes look like (vs. ineffective ones)
4. Adjusting your processes to make them more efficient

The most important part of this process is the willingness to experiment. Learners with low mindset scores can struggle to improve their self-regulation skills for months or even years (if mindset is not addressed). On the other hand, those who actively experiment are able to improve their self-regulation skills on a weekly basis.



## Deep processing

67%

Deep processing is the foundation of all learning. It refers to your ability to think about information critically, find relationships, make sense of new information, and organise it into meaningful knowledge in your memory.

When people talk about someone's intelligence, they are normally referring to deep processing ability. If your brain is a car, deep processing is what gear you tend to drive in. Likewise, deep processing ability strongly affects your ability to understand concepts, apply knowledge, and build high-quality memory. Low deep processing is like being stuck in first gear. No matter how hard we may try, there will be limitations on how fast we can go.

Despite popular belief, deep processing is not fixed. While childhood experiences, education, and genetics play a role, modern research on [neuroplasticity](#) tells us that targeted training makes a significant impact. Deep processing is a series of effective cognitive processes, patterns, and pathways that a learner can use by habit.

Deep processing training cannot be rushed. It involves:

1. Identifying your current cognitive habits
2. Unlearning ineffective habits
3. Training new, effective habits

Although this process typically takes several years, our program speeds up this transformation to just a few months. However, it is still important to recognise that improvements in deep processing cannot occur overnight.



## Mindset

60%

Mindset refers to how you process, manage, and respond to challenge, stress, failure, anxiety, and insecurity. A healthy and growth-oriented mindset is one of the most predictive factors of goal attainment and

## well-being.

Those with high mindset scores are open-minded, grow and adapt quickly, tackle challenges eagerly, and feel confident and secure in themselves, their self-worth, and their abilities. Due to this, many authors, researchers, and public figures view mindset as the key to success. Mindset is usually developed through early childhood experiences, especially school, culture, and parental influences. There is also a genetic component.

Training mindsets involve:

1. Identifying your current beliefs and habitual responses to failure and stress
2. Unlearning unhealthy responses
3. Training new, healthier and more growth-focused habits

In the general public, most people with fixed mindsets are unable to change across their entire lifetime. This is because changing mindsets is a type of growth that fixed mindsets prevent in the first place. It is a condition that reinforces itself. With diligent focus, mindsets can transform over years.

In our program, we have identified methods and strategies that accelerate this process dramatically so that you can feel changes within just months.

### Step 1: Identify your learner type's strengths and weaknesses



### Step 2: Build a personalised learning system that just works for you



## Master each dimension.

Optimising your learning habits means you can:

- ✓ Understand complex concepts more deeply and easily (without constant re-studying)
- ✓ Apply your new knowledge with expertise
- ✓ Perform at your peak in high-stress situations

We've developed a step-by-step program that's been used successfully by over 30,000 learners.

Watch the video to learn more about our program and see if it's right for you

[Watch the video](#)

### Ready to get started straight away?

Start your journey with our full [training program](#).

## Word on the street about our program



"Learn How to Control Your Own Learning Process. I used to be a fairly good student while in school, but struggled as an adult to learn things on my own. This course has taught me some of the things I used to do intuitively as



"I have been doing ICanStudy for around 2 months now. I've learnt a lot about studying common flaws (like writing out linear notes, poor prioritisation and scheduling...) which were present in my studying system, and thanks to



"I have been very impressed with myself as

well other things that I never knew about how to learn effectively. In the past a teacher would manage the learning process, but I am now learning how to do that for myself. I still have a long way to go, but I can already see improvements to my learning ability and efficiency. I have also learned a little about why I procrastinate so much! Still working on that one. This course is a gold mine. The cost of the course will pay off over and over again."



Darrel Terry

September 15, 2023

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this online course, I'm learning more efficient and better methods to replace these flaws. There are opportunities for you to get feedback, to make sure you're on the right track (Discord server, expert feedback submission which costs a bit extra, but very worth it as it can help you pinpoint mistakes holding you back). If you put effort into this, you'll learn and improve significantly."



Kelly L

April 25, 2022

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iCanStudy

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