



Use Multisensory Approaches

REFLECTING ON EFFORT

Students' effort can vary based on several factors, from what time of day it is, to the content material, to the interpersonal relationships in a class, and even to the type of activity in which they are participating. By having them reflect on their effort at the end of an activity, day, week, or unit, they and their teachers can gain a better understanding of their learning style; what activities and content excite them; and what external factors, such as people, time, or environments, affect their effort. In this way, students can work to increase their effort in targeted ways and teachers can better tailor their lessons to assist students in this endeavor.

STUDENT REFLECTION:

Name: _____
Date: _____

EFFORT EXPLORATION

Think about how your effort changes over the course of the day and based on the environment you are in or activity you are completing. Then rate the following on a scale of one to five.

Types of Activities:	Least Effort	Most Effort
Writing Assignments	← 1 2 3 4 5 →	
Math Problems	← 1 2 3 4 5 →	
Experiments	← 1 2 3 4 5 →	
Drawing / Sketching Ideas	← 1 2 3 4 5 →	
Creating Concept Maps	← 1 2 3 4 5 →	
Building Objects or 3-D Representations	← 1 2 3 4 5 →	
Using Cutouts or Manipulatives	← 1 2 3 4 5 →	



SPOTLIGHT

ON LANGUAGE-BASED TEACHING



Landmark Teaching Principle™ #2

	Least Effort	Most Effort
Group Options:		
Individual Work	← 1 2 3 4 5 →	
Partner Work	← 1 2 3 4 5 →	
Group Work	← 1 2 3 4 5 →	
Subjects or Classes:	Least Effort	Most Effort
English	← 1 2 3 4 5 →	
Mathematics	← 1 2 3 4 5 →	
Science	← 1 2 3 4 5 →	
Social Studies	← 1 2 3 4 5 →	
Art	← 1 2 3 4 5 →	
Physical Education	← 1 2 3 4 5 →	
Time of Day:	Least Effort	Most Effort
Early Morning	← 1 2 3 4 5 →	
Late Morning	← 1 2 3 4 5 →	
Right after Lunch	← 1 2 3 4 5 →	
Afternoon	← 1 2 3 4 5 →	
Evening	← 1 2 3 4 5 →	



What do you notice? Are there any patterns? Types of activities you really like and put more effort into? Are there environments/classes where you try more? Is it the activity? Is it the difficulty or lack of challenge in that class? Are there people (the teacher/classmates) that contribute to your effort? Does the time of day affect your effort?

Write 3 sentences reflecting on WHY you might adjust your effort across subjects, tasks, environments, etc.

Come up with 3 goals for the future (e.g., challenging yourself in different activities, asking for help to better understand a topic, choosing to do group work with or without certain individuals) that will help enhance your effort.

Goal One:

Goal Two:

Goal Three:

Finally, what is one thing your teacher(s) can do to help you with your effort?

HOW DOES THIS ADDRESS MULTISENSORY APPROACHES?

- In addition to looking at what environments and content affect student output, this activity has students reflect on what types of tasks they put more or less effort into, thus helping them see better what type of learner they might be and helping the teacher develop lessons that address the learning styles of his or her students.