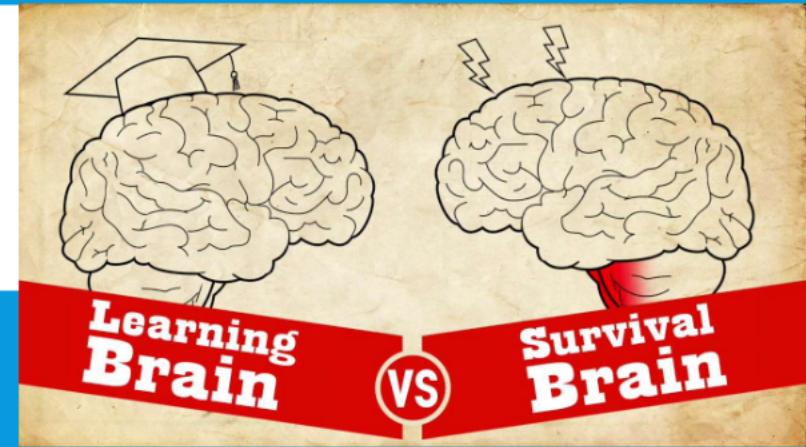


How Trauma Affects Learning

Learning Brain

- Open to new information
- Comfortable with ambiguity, grays or vagueness
- Sees the big picture – can see the forest
- Calm, peaceful, excited to learn, curious, learning can be fun
- Not as afraid to make mistakes
- Feel a bit of confidence
- Even if challenging, they feel that if they apply themselves they can pick up on what they are trying to learn



How Trauma Affects Learning

Survival Brain

- Hyper focused on threat
- Doesn't like ambiguity
- Wants clear facts, sees things in black and white
- Can't see the forest for the trees
- Panicky or obsessive about not wanting to get things wrong
- Not calm or open to learning new things, just want to get things over with
- Don't like making mistakes, don't want to be picked on, or raise hand to ask questions, afraid to look stupid
- Doubts about own ability to learn
- Afraid others can see how much they don't know

