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Your Starter Checklist

Congratulations. you've successfully completed your assessment which helps you better understand how you learn and think.

Now it's time to get set up on Cognassist and begin completing modules that you can apply to your course, work and in your personal life.

How to use this checklist

You can download this to your computer or phone. Go through the steps to getting started and tick them when you have completed them.

Click on the link in your email to set up your password. Don't forget to keep it safe and not share it with anyone.

Sign in to your dashboard and have a look around. Not sure how to use Cognassist? Check our Knowledgebase for posts on how it works.

Add Cognassist to your web browser Bookmark Bar and to your Home Screen.

Complete your very first module on Cognassist! Don't forget that you'll have four more to do every month.
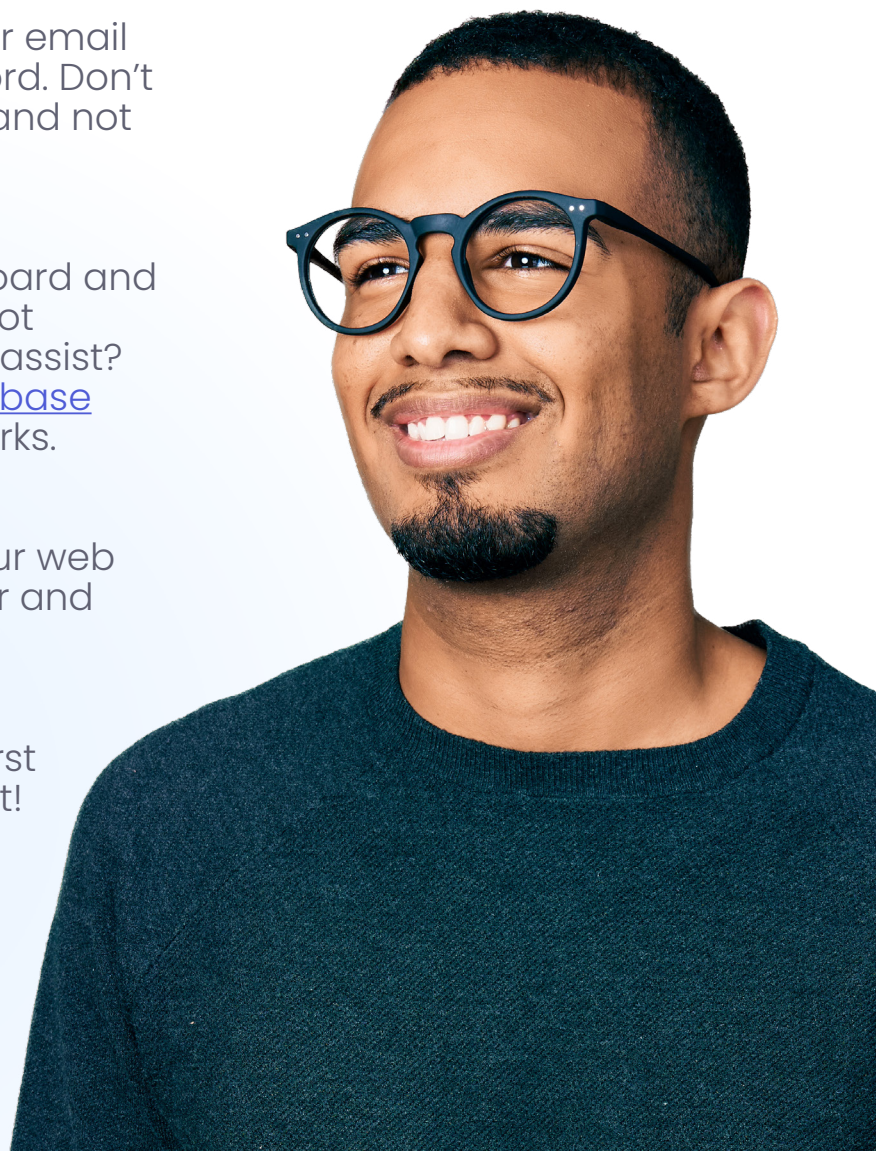
No learner left behind

Cognassist helps to identify hidden learning needs, personalise support and transform attainment.

We're on a mission to help every learner reach their full potential through cognitive assessment.

Education doesn't have to take a "one size fits all" approach

Our understanding of the human brain tells us that our cognitive abilities don't exist on one scale of intelligence.

We all have our own strengths and areas we find more challenging.

Variation in cognition is a good thing. We don't want a world full of people who think the same.

And with this knowledge, you can work with your tutors to get the most out of your learning experience, gain powerful decision making skills and get the outcomes you want.

Don't just take our word for it...

We've assessed and help support hundreds of thousands of learners. Here's what some had to say about their experience.

"

Cognassist's strategies help in both my work as an apprentice and in my everyday life.

I like that it's easy and simple to use and has everything I need to succeed. You pick things up and use them day to day.

Cognassist has been so useful to me. I'd recommend the platform to anyone who wants to improve their learning.

Adam - YMCA learner

"

I'm a very visual learner. With my apprenticeship, I'd struggle with new information. But with Cognassist, the information you get is broken down into short chunks and easy to understand.

My answers to questions got better and stronger and I'm a lot more confident in my knowledge of hospitality through the different skills I've learnt through Cognassist.

Lauren - RNN learner

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Your Weekly Cognassist Checklist

Beginning of the week

Ensure you have a good internet connection, then log in to your Cognassist dashboard.

Complete one of your modules and engage with the 'Take Action' section at the end.

Make sure to download the accompanying documents to help remember what you learned.

On completion, share your feedback about the module with the Cognassist Team with feedback the form!

Middle of the week

Take a few minutes to reflect on the module of the week.

Ensure you reflect on how you have applied your modules and be ready to discuss with your tutor in your next support session.

Don't forget to share what you've learned with your colleagues, teammates and even family!

End of the week

If need be, revisit the module on Cognassist to refresh what you learned - this could mean using the download resource or revisiting the Take Action section again.

Did you face any difficulties with the Cognassist platform or with the module? Make a note to share this with your tutor at your next check-in.

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Getting the most out of Cognassist

Complete all your learning strategies

We know: it sounds pretty obvious, but it's true! Completing all four of your modules every month will help you in work and education.

Use the resources!

At the end of each module we share resources in PDF and DOC formats. You can download them to your computer or phone and even print them out. The resources are created to help you practice what you learned.

Practice what you learn

Applying the modules at work, during your course and in your everyday life is how you get better at them. Cognassist modules are here to help you so make sure you use them, they'll become second nature in no time.

Keep an eye out for emails

No one likes spam email so we only ever email you with information you absolutely need to know. We'll send you reminders about Cognassist modules waiting for you, updates relating to new changes on the Cognassist dashboard and exciting events we think you should be a part of.

Schedule time in your calendar

A good tip to make sure you stay on top of your modules every month is to carve out time in your calendar to complete them. This doesn't need to be long, 20 minutes is normally enough. The calendar reminder means you don't have to worry about remembering, you've automated that for yourself!

Speak up

We all struggle with different things and that's okay! Don't be afraid to share any challenges that you encounter, with your tutor. Whether it's difficulties with the modules or uncertainty about how to navigate Cognassist, your tutor is there to help.