

## THINKER-BUILDER

**“Capture the thinking—or it disappears.”**

Your teen is doing deep work internally. If you only track visible output, you will miss most of their learning.

### **Quick Start Recordkeeping System:**

- Capture:
  - Ideas
  - Insights
  - Questions
- Allow for non-linear entries
- Use prompts like:
  - “What did you think about today?”
  - “What problem are you trying to solve?”



### **Common Mistake:**

Only counting finished work, this undervalues their actual effort.