

ETM™ Learning Friction Log

Track patterns. Identify Triggers. Understand learning - not just performance.
Use this log when learning tasks begin feeling more difficult, time-consuming, or emotionally charged.

Student Name: _____	Grade: _____
Subject: _____	Week of: _____

Date	Task/Topic	Time Spent	Difficulty Level	Observed Behavior	Emotional Response	Notes/Triggers

Learning challenges rarely occur randomly.

Patterns help distinguish whether difficulty may be influenced by:

- Skill gaps
- Cognitive overload
- Confidence interference
 - Processing speed
- Conceptual misunderstanding

Difficulty Level

- Easy / Independent
- Manageable with Support
- Difficult / Time-Consuming
- Significant Struggle

Observed Behavior

- Worked Through It
- Hesitation / Second-Guessing
 - Visible Frustration
- Shutdown / Avoidance

Emotional Response

- Calm / Neutral
- Mild Frustration
- Elevated Stress
- Strong Emotional Reaction

Want help interpreting these patterns? Book a free intro call: www.educationthatmatters.net