

# Confusion Recognition

## Quick Reference Guide



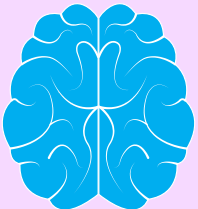
### Emotional Signals

- Feeling frustrated or overwhelmed
- Self-doubt (“I’m not smart enough”)
- Fear of looking stupid
- Feeling helpless (“I’ll never get this”)



### Behavioral Signals

- Checking phone or scrolling
- Staring blankly at work
- Avoiding eye contact with teacher
- Giving up quickly on tasks
- Asking peers for direct answers



### Internal Dialogue

- “Everyone else gets it except me”
- “I should already know this”
- “I’ll just copy someone’s answer”
- “The teacher will think I’m stupid”



### Physical signals

- Tension in shoulder or jaw
- Head in hands
- Slumped posture
- Fidgeting or restlessness

*Recognizing confusion is the first step to overcoming it*