If you’d got the chance to keep practicing for a second session for either of the sessions, which one would you decide to practice with?

Auto-Adaptive training
(no, I’d rather do something else) 1 [ ] [ ] [ ] [ ] [ ] 5 (yes, absolutely)
Self-Adaptive training
(no, I’d rather do something else) 1 [ ] [ ] [ ] [ ] [ ] 5 (yes, absolutely)

What made you feel this way?

What do you think of the auto-adaptive mode of learning in contrast to self-adaptive mode of learning?

Anything we can improve with the system setup?

Any specific moments in the learning process that you found memorable in both stages? Why?

Any other comments?