

**MY LEARNING STYLE**

To help you understand your own best learning style complete the exercise below.

Tick the box that would best describe what you would do when faced with the tasks. The column with the most ticks will be your preference learning style.

TASK	VISUAL	AUDITORY	KINESTHETIC
When talking about an issue in class.	<input type="checkbox"/> Imagine pictures. <input type="checkbox"/> Look for mental patterns. <input type="checkbox"/> Don't like too much listening and talking.	<input type="checkbox"/> Listen closely to what is said. <input type="checkbox"/> Think about your opinion on it. <input type="checkbox"/> Keen to talk about it.	<input type="checkbox"/> Look at others body language. <input type="checkbox"/> Want to end talking and start doing. <input type="checkbox"/> Like playing roles.
When beginning an assignment or project.	<input type="checkbox"/> Draw a flowchart of things to be done. <input type="checkbox"/> Draw mindmaps to make connections. <input type="checkbox"/> Use colours and different fonts.	<input type="checkbox"/> Want it explained clearly to you. <input type="checkbox"/> Ask questions to make sure you understand. <input type="checkbox"/> Brainstorm what you know in lists.	<input type="checkbox"/> Start immediately. <input type="checkbox"/> Plan as you go, Make changes to what you have done on the way.
When meeting other people.	<input type="checkbox"/> Have trouble remembering names. <input type="checkbox"/> Remember their faces. <input type="checkbox"/> Remember and picture where you last met.	<input type="checkbox"/> Remember their names. <input type="checkbox"/> Remember things about them. <input type="checkbox"/> Not so much remember their faces.	<input type="checkbox"/> Remember what you did when you last met. <input type="checkbox"/> Think about what you can do this time. <input type="checkbox"/> Think about good places to go.
When solving a problem.	<input type="checkbox"/> Draw a picture of it's parts. <input type="checkbox"/> Use mindmaps to see connections. <input type="checkbox"/> Draw a flowchart of the what if's.	<input type="checkbox"/> Listen to and discuss approaches with others. <input type="checkbox"/> Write out your plan. <input type="checkbox"/> Write a list of what if's.	<input type="checkbox"/> See possible solutions immediately. <input type="checkbox"/> Try things rather than planning. <input type="checkbox"/> Use trial and error.
When trying to keep your mind on the job in class.	<input type="checkbox"/> Often daydream about things. <input type="checkbox"/> Picture what you have to do. <input type="checkbox"/> Watch others in class and what's happening.	<input type="checkbox"/> Listen for changes in voice tones, <input type="checkbox"/> Ask yourself questions about what you know. <input type="checkbox"/> Listen to the different noises and conversation.	<input type="checkbox"/> Get distracted by the movement around you. <input type="checkbox"/> Play with pens, books, items etc. <input type="checkbox"/> Wriggle and look around the room.
When having problems using the computer.	<input type="checkbox"/> Look at the "Help" menu. <input type="checkbox"/> Watch others do it. Open more screens to work out your problems. <input type="checkbox"/>	<input type="checkbox"/> Ask someone else for help. <input type="checkbox"/> Get frustrated because the computer can't talk. <input type="checkbox"/> Read the instruction book.	<input type="checkbox"/> Keep trying to do it. <input type="checkbox"/> Not read the instructions fully. <input type="checkbox"/> Give up and not use the computer.
When putting something together.	<input type="checkbox"/> Look at the diagrams of each part. <input type="checkbox"/> Look at the instructions for what to do. <input type="checkbox"/> Picture the finished article when you have assembled it.	<input type="checkbox"/> Ask someone how to do it. <input type="checkbox"/> Read the instructions on assembling it. <input type="checkbox"/> Assemble it with someone else.	<input type="checkbox"/> Just start putting it together. <input type="checkbox"/> Don't look at the instructions till something goes wrong. <input type="checkbox"/> Get frustrated and give up.

**MY INDIVIDUAL LEARNING STYLE IS \_\_\_\_\_**

Good strategies for each style.

Use CD's, films, flowcharts, mindmaps, drawing Y diagram.

Use Six Thinking Hats, Issues Matrix and Think, Pair, Share.

Use Think, Pair, Share and work in groups, KWHL, PMI.

*"The whole purpose of education is to turn mirrors into windows." S.J. Harris.*