

MY LEARNING STYLE

To be effective in your study it is essential that you approach your learning in a strategic manner. This means that you should use your personal strengths at every opportunity.

As you discovered when you identified your preferred Multiple Intelligence, you do possess individual “best” ways to do things.

Below is an exercise that will prompt you to reflect on what you do when you are confronted with a task. Tick the boxes that would best describe your approach; when you have finished there may be ticks in every column but there is likely to be one with more – this corresponds to your preferred learning style.

WHAT YOU PREFER TO DO			
TASK	VISUAL	AUDITORY	KINESTHETIC
When discussing an issue.	<input type="checkbox"/> Imagine mental pictures of the situation. <input type="checkbox"/> Tire of listening and talking.	<input type="checkbox"/> Listen well to others <input type="checkbox"/> Are keen to express your opinion	<input type="checkbox"/> Communicate through body language and movement <input type="checkbox"/> Want to get on with it
When reading.	<input type="checkbox"/> Picture what is occurring <input type="checkbox"/> Enjoy descriptions of the story line.	<input type="checkbox"/> Enjoy the characters discussing things <input type="checkbox"/> Form views through dialogue	<input type="checkbox"/> Enjoy the characters being involved in action <input type="checkbox"/> Not a willing reader
When beginning an assignment.	<input type="checkbox"/> Draw a flowchart of things to be done. <input type="checkbox"/> Brainstorm what you know using mind maps & diagrams.	<input type="checkbox"/> Want it explained to you <input type="checkbox"/> Discuss what's required	<input type="checkbox"/> Just get started <input type="checkbox"/> Plan as you go
When contacting people.	<input type="checkbox"/> Meet them in person directly <input type="checkbox"/> Visualise what they will look like.	<input type="checkbox"/> Ring, text or email them <input type="checkbox"/> Converse with them electronically	<input type="checkbox"/> Meet them while doing something <input type="checkbox"/> Talk while walking, exercising
When assembling something.	<input type="checkbox"/> Look at the instructions and diagrams <input type="checkbox"/> Identify each part from the directions.	<input type="checkbox"/> Ask someone to explain how to do it <input type="checkbox"/> Assemble it with someone else	<input type="checkbox"/> Just get started <input type="checkbox"/> Dont pay much attention to instructions till something goes wrong
When in class and your teacher is introducing a new topic.	<input type="checkbox"/> Prefer visual presentations <input type="checkbox"/> Picture connections to what you already know	<input type="checkbox"/> Prefer to listen for understanding <input type="checkbox"/> Keen for class discussion	<input type="checkbox"/> Prefer activities to begin class <input type="checkbox"/> Start doing and learning as you go
When trying to stay focussed in class.	<input type="checkbox"/> Daydream about things <input type="checkbox"/> Picture what needs to be done	<input type="checkbox"/> Listen for emphasis and cues <input type="checkbox"/> Ask yourself questions about the topic	<input type="checkbox"/> Get distracted by movement around you <input type="checkbox"/> Play with pens, books
When meeting people	<input type="checkbox"/> Have trouble remembering names. <input type="checkbox"/> Remember their faces and where you last met.	<input type="checkbox"/> Remember their names but not so much their face <input type="checkbox"/> Remember things about them	<input type="checkbox"/> Remember what you did when you last met <input type="checkbox"/> Think about what you can do this time
When solving a problem.	<input type="checkbox"/> Use pictorial strategies to create a vision of it <input type="checkbox"/> Doodle and draw what If's.	<input type="checkbox"/> Listen and discuss approaches and options <input type="checkbox"/> List and discuss logically your what if's	<input type="checkbox"/> See possible solutions immediately <input type="checkbox"/> Try things rather than planning an approach
When encountering computer problems.	<input type="checkbox"/> Look at the “Help” options for guidance. <input type="checkbox"/> Look for other ways.	<input type="checkbox"/> Ask someone else for help <input type="checkbox"/> Get frustrated because the computer can't talk	<input type="checkbox"/> Keep trying to do it <input type="checkbox"/> Give up and not use computer

MY PREFERRED LEARNING STYLE IS _____

“The whole purpose of education is to turn mirrors into windows.” S.J Harris