

## Learning Skills

### THE WAY I AM

People have

- a number of different ways of being intelligent
- each of you have a mix of these intelligences.

They are called **Multiple Intelligences** and there are eight of them.

Rate yourself using **A** – Yes me, **B** – Sometimes me, **C** – Not me at all, set a target to aim for.

#### **Verbal**

- about spoken and written language
- includes explaining, reading and writing

**NOW:** Target:

#### **Musical**

- about having a feeling for sounds and tones
- includes singing and rhythm

**NOW:** Target:

#### **Logical**

- about clear thinking and reasoning
- includes seeing patterns and calculating

**NOW:** Target:

Acknowledgement: Howard Gardner

#### **Physical**

- about controlling your body's movements
- includes improving mind and body

**NOW:** Target:

#### **Self Awareness**

- about knowing yourself
- includes concentrating and understanding yourself

**NOW:** Target:

#### **Visual**

- about picturing things in your mind
- includes recognising objects and figures

**NOW:** Target:

#### **Communication**

- about relating to other people
- includes understanding of others, feelings and working well in a group

**NOW:** Target:

#### **Natural**

- about having a feeling for the environment
- includes listening and watching nature

**NOW:** Target:

What are **Your** Strong Intelligences?

### UNDERSTANDING MY LEARNING

People **learn** in three main ways.

They are –

**Visual** – by Seeing

- to understand you must **see**
- you enjoy reading
- good spellers and writers
- can picture what is asked

**Auditory** – by Hearing

- to understand you must listen
- you enjoy talking
- sound out your spelling
- picture the situation through discussion

**Kinesthetic** – by Doing

- to understand you must do
- enjoy participating
- prefer doing to listening or reading
- try ways to spell

What way do you learn?

A **combination** of all three types is the **best** way to go.

- make a real effort to develop yourself in all 3 types
- work out **your** own best way to learn

“Knowledge is power.” Anon.