Identifying Your Learning Style
Student’s Guide to Interpreting the Data

Students learn in a variety of ways. They are more actively engaged in their learning process when they understand their learning style. Since many students are not sure about how they learn best, the *Identifying Your Learning Style* assessment tool can help you determine how you learn most effectively.

You can then seek out experiences that are most compatible with your learning style. For example, a visual learner may choose to view videos on the subject they are learning in a course.

The purpose of the Identifying Your Learning Style assessment tool is to help you get to know yourself as a learner, thus adding to your current learning and study strategies.

**Step 1 Look at the 8 Learning Styles**

Everyone uses a combination of learning styles, so focus on the Learning Styles where you checked the most boxes. Identify your predominant learning styles.

**Step 2 Go to strategies**

Look at the strategies that you indicated as being helpful. Are they compatible with your identified learning styles?

**Step 3 Are there other strategies, related to your identified learning styles, that you think would be helpful?**

This will provide you with some direction when expanding your bank of successful strategies.

**Step 4 Are there other strategies, unrelated to your identified learning styles, that you think would be helpful?**

Even though the other strategies are not related to your identified learning styles, you should explore strategies that could be a good fit for you.

If you are having difficulty with this, consider visiting your school’s Learning Centre or scheduling an appointment with your teacher.

The Identifying Your Learning Styles assessment tool not only gives you information on your particular learning styles but also offers strategies that are suited to each learning style. You can discover whether your study strategies are compatible with your learning styles. This will help you become a more self-sufficient learner.