Identifying Your Learning Style

Students learn in many ways: by seeing and hearing, by thinking and acting, by reasoning logically and intuitively, by memorizing and visualizing. The ways in which a person typically acquires, retains, and retrieves information are together called the individual’s **learning style.**

As you complete the checklist, consider the following questions:

* What type of information makes the greatest impact on me?

How do I receive, process, and understand information most effectively?

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| Sensory |
| I tend to remember what I hear, see, taste, smell, and feel.  I am organized and good with facts and details.  I am meticulously slow and sometimes I have difficulty understanding theoretical concepts that are not grounded in the real world.  I have some perfectionistic tendencies. |

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| Visual |
| I remember best what I see.  I prefer teachers who write a lot on the board rather than those who just talk a lot.  When I get directions to a new place, I prefer to be given a map rather than written instructions |

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| Active |
| I learn best by talking about the information in some way or testing it out in a practical setting.  I excel in group work.  I sometimes act impulsively without thinking about the possible consequences. |

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| Sequential |
| I learn best in a logical, step-by-step manner.  I must complete one thing before moving on to another.  If I get stuck on one thing, I have difficulty moving on to other things. |

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| Intuitive |
| I see endless possibilities and sometimes have difficulty getting started on papers because I have so many ideas.  I am creative and innovative.  I am sometimes careless with details and bored by repetition. |

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| Verbal |
| I remember best what I hear or read.  I sometimes have difficulty understanding graphs and diagrams.  I need to talk or write about ideas to really understand them. |

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| Reflective |
| I learn best by carefully thinking through a problem or issue before doing anything.  I am an independent learner, able to concentrate well and think things through.  I dislike working in groups. |

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| Global |
| I learn in large leaps – all of a sudden, I “get it”!  I need to understand the entire picture before I can make sense of the details.  I learn by connecting material to prior knowledge and experience. |

Strategies

Identify the strategies that you find helpful in your studying:

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| Sensory |
| Relating theories to real-world experiences  Not getting bogged down in details  Summarizing information  Trying new ways of working – brainstorming |

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| Visual |
| Finding or making diagrams, sketches, concept maps, or time lines that correspond to ideas in the class material  Colour-coding and highlighting the main ideas |

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| Active |
| Reading actively: taking notes and asking questions as you read  Studying in groups  Teaching someone  Finding ways to use the information you are learning |

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| Sequential |
| Outlining course material before class – previewing course material  Building on past learning – learning by analogy  Asking the instructor to fill in skipped steps |

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| Intuitive |
| Asking for interpretations  Finding examples for theories and linking theories to facts  Filling in missing details and giving examples  Reading questions attentively to making sure you’ve understood them properly  Limiting the scope of your research  Double-checking your work |

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| Verbal |
| Summarizing and outlining course material using your own words  Working in groups, which enables you to listen to others and explain to others |

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| Reflective |
| Reviewing notes  Trying to speak up more  Summarizing information in your own words  Doing the reading before the class to give yourself time to reflect on the material  Thinking of practical applications |

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| Global |
| Getting an overview of chapter, course material  Concentrating on one subject at a time  Relating the subject to things you know  Developing a structure in order to organize |