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 |