

# IDENTIFY YOUR LEARNING STYLE

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

What type of information makes the greatest impact on you? How do you receive, process and understand information most effectively? Many different learning style assessments have been developed. To identify your own leaning style, you can consult the following website: <http://www.ncsu.edu/felder-public/ILSdir/ilsweb.html>. Here are a few questions to get you started.

<p style="text-align: center;"><b>Sensing</b></p> <p><input type="checkbox"/> I tend to remember what I hear, see, taste, smell, and feel.</p> <p><input type="checkbox"/> I am organized and good with facts and details.</p> <p><input type="checkbox"/> I am meticulously slow and sometimes have difficulty understanding theoretical concepts that are not grounded in the real world.</p> <p><input type="checkbox"/> I have some perfectionistic tendencies.</p>	<p style="text-align: center;"><b>Intuitive</b></p> <p><input type="checkbox"/> I see endless possibilities and sometimes have difficulty getting started on papers because I have so many ideas.</p> <p><input type="checkbox"/> I am creative and innovative.</p> <p><input type="checkbox"/> I am sometimes careless with details and bored with repetition.</p>
<p style="text-align: center;"><b>Visual</b></p> <p><input type="checkbox"/> I remember best what I see.</p> <p><input type="checkbox"/> I prefer teachers who write a lot on the board rather than those who just talk a lot.</p> <p><input type="checkbox"/> When I get directions to a new place, I prefer to be given a map rather than written instructions.</p>	<p style="text-align: center;"><b>Verbal</b></p> <p><input type="checkbox"/> I remember best what I hear or read.</p> <p><input type="checkbox"/> I sometimes have difficulty understanding graphs and diagrams.</p> <p><input type="checkbox"/> I need too talk or write about ideas to really understand them.</p>
<p style="text-align: center;"><b>Active</b></p> <p><input type="checkbox"/> I learn best by talking about the information in some way or testing it out in a practical setting.</p> <p><input type="checkbox"/> I excel in group work.</p> <p><input type="checkbox"/> I sometimes act impulsively without thinking about the possible consequences.</p>	<p style="text-align: center;"><b>Reflective</b></p> <p><input type="checkbox"/> I learn best by carefully thinking through a problem or issue before doing anything.</p> <p><input type="checkbox"/> I am an independent learner, able to concentrate well and think things through thoroughly.</p> <p><input type="checkbox"/> I dislike working in groups.</p>
<p style="text-align: center;"><b>Sequential</b></p> <p><input type="checkbox"/> I learn best in a logical, step by step manner.</p> <p><input type="checkbox"/> I must complete one thing before moving on to another.</p> <p><input type="checkbox"/> If I get stuck on one thing, I have difficulty moving on to other things.</p>	<p style="text-align: center;"><b>Global</b></p> <p><input type="checkbox"/> I learn in large leaps – all of a sudden, “I get it!”</p> <p><input type="checkbox"/> I need to understand the entire picture before I can make sense of the details.</p> <p><input type="checkbox"/> I learn by connecting material to prior knowledge and experience.</p>

## STRATEGIES

Now that you have determined your particular learning style, here are some strategies that you may find helpful in your studying.

<p><b>Sensing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Relate theories to real-world experiences</li> <li><input type="checkbox"/> Don't get bogged down by too many details</li> <li><input type="checkbox"/> Work on summarizing information</li> <li><input type="checkbox"/> Try new ways of working – brainstorm</li> </ul>	<p style="text-align: center;"><b>Intuitive</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask for interpretations</li> <li><input type="checkbox"/> Find examples for theories, and link theories to facts</li> <li><input type="checkbox"/> Fill in missing details and give examples</li> <li><input type="checkbox"/> Read questions attentively to be sure you've understood them properly</li> <li><input type="checkbox"/> Limit the scope of your research</li> <li><input type="checkbox"/> Double check your work</li> </ul>
<p style="text-align: center;"><b>Visual</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find or make diagrams, sketches, concept maps, time lines, that correspond to ideas in class material</li> <li><input type="checkbox"/> Colour code and highlight main ideas</li> </ul>	<p style="text-align: center;"><b>Verbal</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Summarize and create outlines of course material using your own words</li> <li><input type="checkbox"/> Work in groups: this enables you to listen to others and explain to others.</li> </ul>
<p style="text-align: center;"><b>Active</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Read actively: take notes and ask questions as you read</li> <li><input type="checkbox"/> Study in groups</li> <li><input type="checkbox"/> Teach someone</li> <li><input type="checkbox"/> Find ways to use the information you are learning</li> </ul>	<p style="text-align: center;"><b>Reflective</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Review notes</li> <li><input type="checkbox"/> Try to speak out more</li> <li><input type="checkbox"/> Summarize information in your own words</li> <li><input type="checkbox"/> Do the reading before the class to give yourself time to reflect on the material</li> <li><input type="checkbox"/> Think of practical applications</li> </ul>
<p style="text-align: center;"><b>Sequential</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Outline course material before class – preview course material</li> <li><input type="checkbox"/> Build on past learning – learn by analogy</li> <li><input type="checkbox"/> Ask the instructor to fill in skipped steps</li> </ul>	<p style="text-align: center;"><b>Global</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Get an overview of chapter, course material</li> <li><input type="checkbox"/> Concentrate on one subject at a time</li> <li><input type="checkbox"/> Relate the subject to things you know</li> <li><input type="checkbox"/> Develop a structure to organize information</li> </ul>

Sources: "Learning and Teaching Styles in Foreign and Second Language Education", *Foreign Language Annals*, 28, No. 1, 1995, pp. 21-31. Some material was drawn from <http://www.ncsu.edu/felder-public/ILSdir/iilsweb.html>