

PERSONAL AND PROFESSIONAL DEVELOPMENT

Lecturer: Donna O'Connor

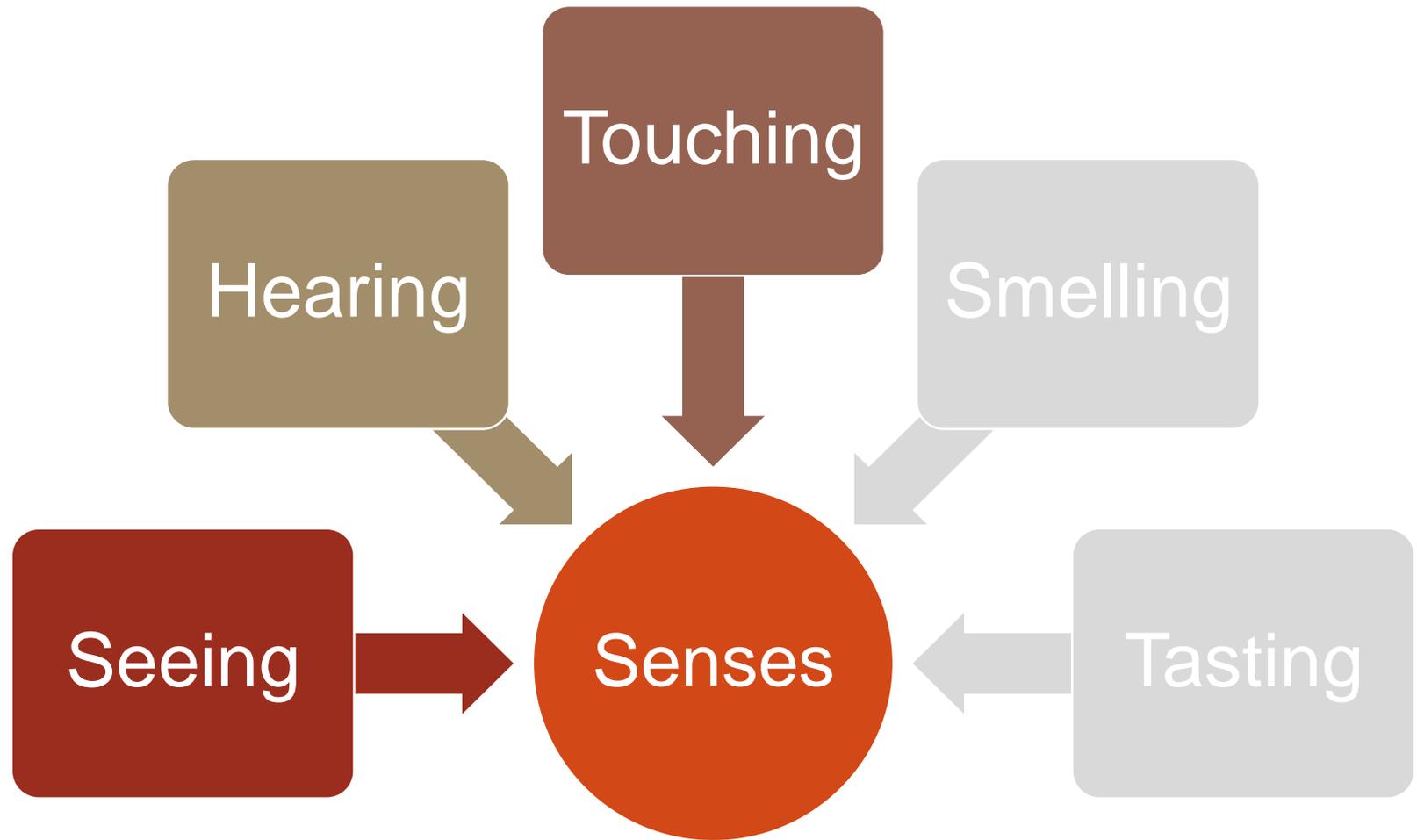
Lesson 3: Learning Styles

**LO1 Understand how self-managed learning
can enhance lifelong development**

Introduction

- Students learn in many ways:
 - Seeing
 - Hearing
 - Experiencing things first hand.
- For most students, one of these methods stands out.

Introduction



Introduction

- Three senses are primarily used in learning, storing, remembering, and recalling information.
- Eyes, ears, and sense of touch play essential roles in the way you communicate, perceive reality, and relate to others.
- Research has shown that students can perform better on tests if they change study habits to fit their own personal learning styles.

What are Learning Styles?

- Information enters your brain three main ways: sight, hearing and touch, which one you use the most is called your Learning Style
- Visual Learners learn by sight
- Auditory Learners learn by hearing
- Tactile Learners (kinesthetic) learn by touch

Visual
SEE IT



Auditory
HEAR IT

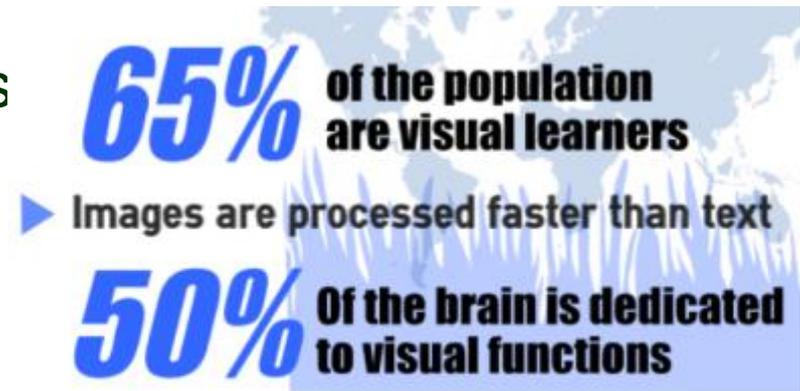


Kinesthetic
DO IT



Visual Learners

- Prefer to see information such as pictures, diagrams, cartoons, demonstrations
- Picture words and concepts they hear as images
- Easily distracted in lecture with no visual aids
- Overwhelmed with intense visuals accompanied by lecture
- Benefit from using charts, maps, notes, and flash cards when studying



Source: Mark Smiciklas (2012). The Power of Infographics: Using Pictures to Communicate and Connect with Your Audience.

Visual
SEE IT



Visual Learner Characteristics

- Visual learners are those who learn through seeing things. Look over the characteristics below to see if they sound familiar. A visual learner:
 - Is good at spelling but forgets names.
 - Needs quiet study time.
 - Has to think awhile before understanding lecture.
 - Is good at spelling.
 - Likes colors & fashion.
 - Dreams in color.
 - Understands/likes charts.
 - Is good with sign language.

Visual
SEE IT



Auditory Learners

Auditory
HEAR IT



Auditory Learners

-learn best by
Hearing it & Speaking it!

Acadians
Scattered



Auditory Learners

- Prefer to hear information spoken
- Can absorb a lecture with little effort
- May not need careful notes to learn.
- Often avoid eye contact in order to concentrate
- May read aloud to themselves
- Like background music when they study



Auditory Learners

- Like to talk & listen
- Noisy
- Do not like written work
- Like music
- Good at phonics
- Listen to one at a time
- Talk to self
- Use phonics
- Use questions, discussion
- Use tapes
- Present orally

Auditory
HEAR IT



Tactile or Kinesthetic Learners



KINESTHETIC LEARNING

Kinesthetic learners learn by actually carrying out physical activity rather than listening to a lecture or reading study material.

Tactile or Kinesthetic Learners

- Prefer touch as their primary mode for taking in information
- In traditional lecture situations, they should write out important facts
- Create study sheets connected to vivid examples
- Role-playing can help them learn and remember important ideas
- May benefit by using manipulatives

Tactile / Kinesthetic Learners



Learn through

Moving, Doing & Touching

Kinesthetic
DO IT



Honey & Mumford

- Learning styles were developed by Peter Honey and Alan Mumford, based upon the work of Kolb.
- They identified four distinct learning styles or preferences:
 - Activist
 - Theorist
 - Pragmatist
 - Reflector
- These are the learning approaches that individuals naturally prefer
- In order to maximise one's own personal learning each learner ought to:
 - understand their learning style
 - seek out opportunities to learn using that style

Honey & Mumford

- In knowing your learning style, you will be in a far better position to:
 - "Become smarter at getting a better fit between learning opportunities and the way you learn best. This makes your learning easier, more effective and more enjoyable. It saves you tackling your learning on a hit-and-miss basis. Equipped with information about your learning preferences, you'll have many more hits and fewer misses."
 - "Expand the 'band width' of experiences from which you derive benefit. Becoming an all-round learner, increases your versatility and helps you learn from a wide variety of different experiences - some formal, some informal, some planned and some spontaneous."
 - "Improve your learning skills and processes. Increased awareness of how you learn, opens up the whole process to self-scrutiny and improvement. Learning to learn is your most important capability since it provides the gateway to everything else you want to develop."

Honey & Mumford



Honey & Mumford

Learning style	Attributes	Activities
Activist	<p>Activists are those people who learn by doing. Activists need to get their hands dirty, to dive in with both feet first. Have an open-minded approach to learning, involving themselves fully and without bias in new experiences.</p>	<ul style="list-style-type: none"> • brainstorming • problem solving • group discussion • puzzles • competitions • role-play
Theorist	<p>These learners like to understand the theory behind the actions. They need models, concepts and facts in order to engage in the learning process. Prefer to analyse and synthesise, drawing new information into a systematic and logical 'theory'.</p>	<ul style="list-style-type: none"> • models • statistics • stories • quotes • background information • applying theories

Honey & Mumford

Learning style	Attributes	Activities
Pragmatist	<p>These people need to be able to see how to put the learning into practice in the real world. Abstract concepts and games are of limited use unless they can see a way to put the ideas into action in their lives. Experimenters, trying out new ideas, theories and techniques to see if they work.</p>	<ul style="list-style-type: none"> • time to think about how to apply learning in reality • case studies • problem solving • discussion
Reflector	<p>These people learn by observing and thinking about what happened. They may avoid leaping in and prefer to watch from the sidelines. Prefer to stand back and view experiences from a number of different perspectives, collecting data and taking the time to work towards an appropriate conclusion.</p>	<ul style="list-style-type: none"> • paired discussions • self analysis • questionnaires • personality questionnaires • time out • observing activities • feedback from others • coaching • interviews

Your Intelligence Profile created by Howard Gardner

- A theory of “multiple intelligences,” suggesting abilities seem to cluster in eight different areas:

Verbal-Linguistic Skills

Logical-Mathematical Skills

Bodily-Kinesthetic Skills

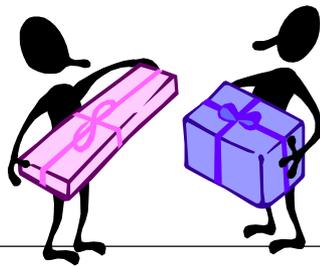
Visual-Spatial Skills

- Interpersonal Abilities

- Intrapersonal Abilities

Musical Abilities

Naturalistic Abilities



Myers-Briggs Personality Inventory (MBTI)

- Extraversion/Introversion
- Sensing/Intuiting
- Thinking/Feeling
- Judging/Perceiving

S/N

T/F

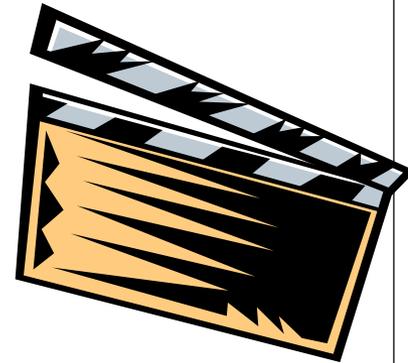
E/I

J/P



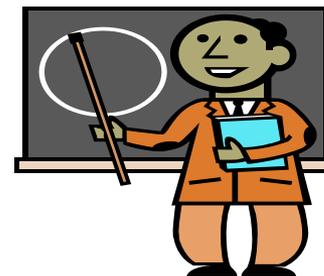
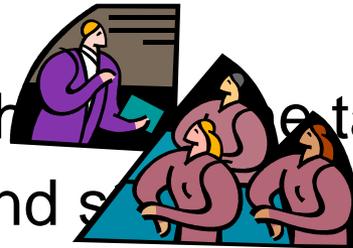
Extraversion/Introversion (Social Orientation)

- Extroverts
 - Like talking with others and taking action.
 - Prefer active learning and group projects.



Introverts

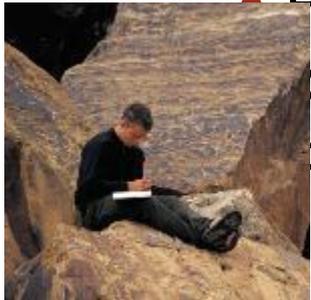
prefer to have others do the talking.
prefer lectures and solo tasks.



Sensing/Intuiting (Information Processing)



- Sensors
 - Are most at home with facts and examples.
 - Are drawn to realistic and practical applications.
 - Prefer memorizable facts, and concrete questions.
 - Intuiters
 - Prefer concepts and theories which can give greater play to imagination and inspiration.
 - Prefer interpretation and imagination.



Thinking/Feeling (Decision Making)

- Thinkers



...e to take an objective approach and emphasize
... and analysis in their decisions.

...er objective feedback, and thrive when there is
...ssure to succeed.

- Feelers

Aristotle

- Prefer emotion to logic.



...ater weight to the impact of relationships in
...ions.

...itive feedback and individual recognition.

Judging/Perceiving (Achieving Goals)

- Judgers
 - Prefer clearly defined strategies to achieve
 - May jump to closure too quickly.
 - Prefer orderliness, structure, and deadlines.
- Perceivers
 - Like to consider all sides to a problem and may be at some risk for not completing
 - Prefer spontaneity and flexibility.

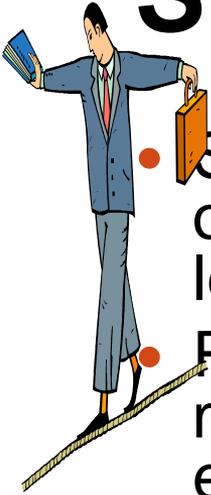
My mind is
made up!
Don't confuse
me with facts.



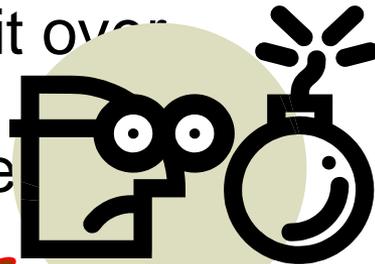
Let's think this through



Surface Learning



- Studying the minimum of what needs to be learned
- Relying primarily on rote memorization, often exercised at the last minute [Cramming]
- Motivation comes from grades
- In a hurry to get it over with.
- Risky – no real learning occurs
- Much less likely to lead to college success



Risky Business

Deep Learning

- Goal is to truly understand course material
- Involves actively constructing learning experiences
- Leads to better memory retention
- Deep learners enjoy the process of learning for its own sake
- Deep learners use more thinking



Discovering Your Own Learning Style



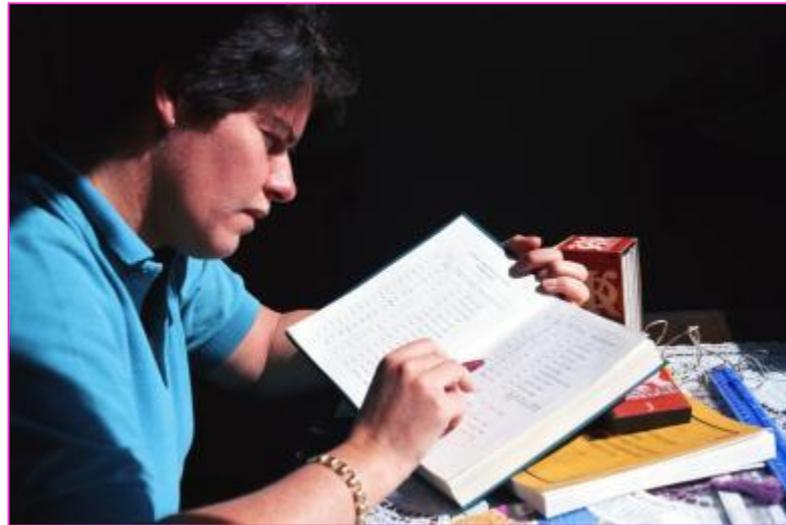
- Take a Learning Styles test.
- Think about your favorite classes in high school or college so far. What do they have in common? Did you like...
 - mastering facts?
 - discussion? or working on your own?
 - lecture? or pairing or grouping?
 - hands-on activities?
- Do some self-analysis (called metacognition)
- How do you think you learn?



Using Knowledge of Your Learning Style

- Knowing your learning style, both your strengths and
- your weaknesses, can help you study more effectively.

See it!

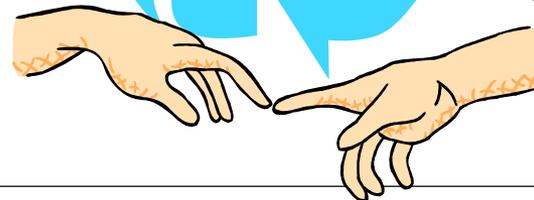


Hear it!

Experience it!

Build Strengths across the Learning Styles

- Make the best use of your learning style.
- Work harder in skills that don't come easily to you.
- Be flexible and adaptable, try new things and new ways.
- Keep growing! Don't be easily satisfied!



Different Teaching Styles

Are they compatible with your learning style?

- Lecture – teacher talks all period
- Group discussion – teacher talks but encourages discussion
- Small groups – teacher aids (facilitates) group interaction
- Visual focus – teacher uses lots of visual aids
- Verbal focus – words, words & more words
- Logical sequence – teacher presents material in a step-by-step, reasonable format
- Random sequence – teacher jumps from one topic to the next



Really important - be adaptable!

Build Positive Relationships with Your Instructors

- Much of college is about interactions with your professors.
- The success of those interactions will have a major impact on your overall college success.
- Don't let your learning style or personality preferences control your behavior.
- Take responsibility for relating to your instructors in a way that will be most beneficial to you.
- They will be more responsive if you appear to be confident and in control.



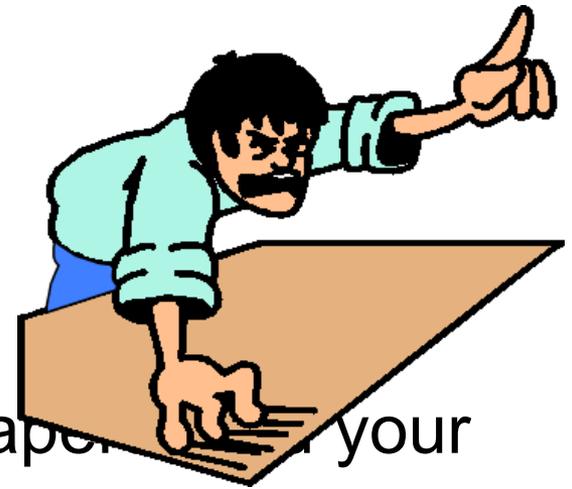
Solving Problems with Instructors

- Instructors are human (it's true, honest.) You can talk to them.
- If you are struggling in a course, talk to classmates and approach instructor.
- Be courteous and forthright. We all make mistakes: instructors & students both.
- Keep copies of your work.
- Direct complaints to instructor first.
- If unsuccessful, appeal in writing to instructor's supervisor or the school's "Ombudsperson".



Making the Most of the Student-Instructor Relationship

- Make it a point to attend class regularly, and on time.
- If you have a question, ask it.
- Save your “cuts” for emergencies.
- Sit near the front.
- See your instructor outside class when you need help.
- Share one or more “one minute papers” with your ideas with your instructor.



Communicate! Communicate! Communicate!

Remember!

No matter what your Learning Style is it's very important to-



- Be involved in class – participate!
- Link classroom experience to the outside world
- Relate class concepts to your own life.
- Ask questions and offer criticism.
- Stimulate further relevant discussion.
- Don't get distracted – stay “on-task”
- Keep an open mind: there are many ideas beyond your own.

All life is learning - it never stops!

References

- Honey, P. & Mumford, A. (1982) Manual of Learning Styles London: P Honey