

Understanding my Learning Styles

*You learn by taking in information, processing and retaining it.
Explore how you learn best.*

01

POTENTIAL WAYS TO LEARN: Consider the following ways of learning something new. Tick all those that apply to you.
Place an **X** on your *least* effective method of learning.

Being thrown in at the deep end and given the opportunity to sink or swim.

☐

Being given information and asked to think about it.

☐

Being shown what to do.

☐

Being given the opportunity to have a go at doing something.

☐

Being invited to explore some activity and see what you get out of it.

☐

Being presented with a problem to solve.

☐

Being invited to play a game.

☐

Learning on your own from written material.

☐

Learning with a group of people by doing exercises together.

☐

Being given information and then being tested on what you've learnt.

☐

Talking something through or over with someone else.

☐

Self-directed learning, using reflection.

☐

By controlling the physical learning environment (lighting, temperature & sound).

☐

By using online platforms and tools, through interactive technology.

☐

02

YOUR MOST EFFECTIVE way to learn (TOP 2): From your selected items, pick the top 2, and record them below (1 being the most effective way for you to learn).

1



2



03

YOUR LEAST EFFECTIVE way to learn: It helps to know what your weak area for learning is, as well as your strength! Acknowledge your item marked X above, and record it here.



04

YOUR LEARNING STYLE: How you take in, process and retain information. Considering your most and least effective ways that you learn, read through the descriptions below and rank them 1-4 (1 being the primary way you take in information).

	VISUAL seeing	• Process information through seeing & visualisation • Prefer face-to-face communication to notice expressions and body language • <i>E.g. reading and writing or looking at a diagram</i>
	AUDITORY hearing & speaking	• Process information through listening & verbal exchange • Process information by talking it through • Need to verbalize thoughts to understand them fully • <i>E.g. you like to talk things through and listen to what people are saying</i>
	TACTILE feeling – physically	• Process information through touch and physical manipulation • Need to handle objects to understand them fully • <i>E.g. you like to squeeze a stress ball while you're thinking</i>
	KINAESTHETIC feeling – emotionally & moving	• Need to move or act to process information • Process information through physical sensation & emotion • <i>E.g. you like to talk while you are playing a game/sport</i>