

Activity 14: Learning Styles

FOR THE TEACHER

Introduction

The purpose of this activity is to help students:

- Identify and analyze their preferred learning styles
- Understand the relationship between learning styles and academic success
- Understand the relationship between learning styles and career choices

Setting the Stage

Classroom discussion can begin with students describing their ideal studying or learning environments. Ask them to draw on their own study habits and preferences. The variety of answers will help students realize that people have different ways of learning and retaining information.

As a class, brainstorm reasons why it is important to understand one's learning style. Learning styles impact not only school performance, but also our success in the workplace and in the world. While learning styles don't reflect our actual abilities, they do influence the way in which we learn to perform work and social tasks, manage our time and resources, and how we interact with co-workers and family members who have different learning styles.

Some students may discover that they have more than one preferred learning style. In this case, students can choose from the traits, tips, and strategies associated with each of their preferred learning styles in order to complete the activity. Be sure to emphasize to all students that there is no right or wrong learning style.

After completing the worksheet, ask students—as a class or in small groups—to discuss their individual learning styles and compare them with other students' preferred learning styles. Students should be able to describe the three key learning style preferences (visual, auditory, and tactile), and identify learning strategies and conditions that complement each style. This will help students to consolidate their learning. Remind students that they all have the capacity to learn in different ways.

Starting the Program

Go to **www.careercruising.com**. Enter your personal My Plan username and password in the spaces provided, and click on **Log In**.

Worksheet 14: Learning Styles Name: _____

Log in to Career Cruising and click on **Assessments**, then on the **Start Learning Styles** button.

Read the instructions on the Introduction page and start the assessment. Remember, there are no right or wrong answers; simply select the answer that you feel best applies to you.

What kind of learner are you? _____

1. Read the Learning Styles profile. Answer the following questions:

Which parts of the profile best describe the way that you learn and retain new information?

Are there parts of the profile that do not accurately describe the way that you learn and retain new information? Which ones?

2. Think about how your learning style relates to your work at school. The Learning Styles profile offers lots of suggestions to help you learn in your preferred style.

Which suggested strategies do you already use? How successful do you think they are in helping you learn and remember information?

Which suggested strategies can you begin using now to help you learn and remember information?

Click on **Careers** in the menu bar near the top of the screen, and search for a career that interests you.

Career: _____

5. Read the Job Description section.

Write down two or three tasks that people in this occupation perform.

Describe how you could learn to perform each task in a way that complements your learning style. (e.g., *adjusting technical equipment: auditory learners could listen to someone explain how to adjust the equipment; visual learners could read the manual; tactile learners could test out the equipment*)

6. Read the Working Conditions section.

Write down two working conditions that are common for people in this occupation.

Describe how you could adapt the working conditions you listed above so that they support your learning style. (e.g., *working in an office: auditory learners could reduce noise distractions by closing their office door; visual learners could reduce visual distractions by clearing away clutter in their office or cubicle; tactile learners could take frequent breaks or walks.*)

7. Now that you've learned a little more about your learning style, answer the following questions:

What do you think are some of the challenges associated with your learning style?

What do you think are some of the advantages of your learning style?
