

WHAT'S YOUR STYLE?

NAME: _____

DATE: _____

PUT A NUMBER FROM 1 TO 3 BESIDE EACH STATEMENT. OFTEN IS (3); SOMETIMES IS (2), AND SELDOM / NEVER (1).

VISUAL MODALITY

- _____ I remember information better if I write it down.
- _____ Looking at the person helps keep me focused.
- _____ I need a quiet place to get my work done.
- _____ When I take a rest, I can see the textbook page in my head.
- _____ I need to write down directions, not just take them verbally.
- _____ Music or background noise distracts my attention from the task at hand.
- _____ I don't always get the meaning of a joke.
- _____ I doodle and draw pictures on the margins of my notebook pages.
- _____ I have trouble following lectures.
- _____ I react very strongly to colours.

_____ **TOTAL SCORE**

AUDITORY MODALITY

- _____ My papers and notebooks always seem messy.
- _____ When I read, I need to use my index finger to track my place on the line.
- _____ I do not follow written directions well.
- _____ If I hear something I will remember it.
- _____ Writing has always been difficult for me.
- _____ I often misread words from the test (i.e. 'them' for 'then')
- _____ I would rather listen and learn than read and learn.
- _____ I'm not very good at interpreting an individual's body language.
- _____ Pages with small print or poor quality are difficult for me to read.
- _____ My eyes tire quickly, even though my vision check-up is always fine.

_____ **TOTAL SCORE**

KINESTHETIC / TACTILE MODALITY

- _____ I start a project before reading the directions.
- _____ I hate to sit at a desk for long periods of time.
- _____ I prefer first to see something done and then to do it myself.
- _____ I use the trial and error approach to problem-solving.
- _____ I like to read my textbook while pacing at home.
- _____ I take frequent study breaks.
- _____ I have a difficult time giving step-by-step instructions.
- _____ I enjoy sports and do well at several different types of sports.
- _____ I use my hands to describe things.
- _____ I have to rewrite or type my class notes to reinforce the material.

_____ **TOTAL SCORE**

DIRECTIONS:

Total the score for each section. A score of 21 points or more in a modality indicates strength in that area. The highest of the 3 scores indicates the most efficient method of information intake. The second highest score indicates the modality which boosts the primary strength. For example, a score of 23 in the visual modality indicates a strong visual learner. Such a learner benefits from the text, from filmstrips, charts, graphs, etc. If the second highest score is auditory, then the individual would benefit from audio tapes, lectures, etc. If you are a strong kinesthetic learner, then taking notes and rewriting class notes will reinforce information.

LEARNING SKILLS SURVEY

Complete the following survey by circling the appropriate number, with 0 meaning you never possess that skill and 5 meaning that you always possess that skill.

Independent Work <i>Can you work alone, able to not disturb others?</i>	0	1	2	3	4	5
Initiative <i>Are you able to problem-solve and complete tasks without being asked or monitored by an adult?</i>	0	1	2	3	4	5
Homework Completion <i>Do you complete your homework on time and to the best of your ability?</i>	0	1	2	3	4	5
Use of Information <i>Do you use information effectively and wisely?</i>	0	1	2	3	4	5
Co-operate With Others <i>Do you get along well with peers and teachers without a great amount of conflicts?</i>	0	1	2	3	4	5
Class Participation <i>Do you participate in class discussions and activities?</i>	0	1	2	3	4	5
Problem Solving <i>Are you able to see possible solutions to problems and work at solving them?</i>	0	1	2	3	4	5
Goal Setting to Improve Work <i>Are you able to reflect on your work and set goals to improve your work?</i>	0	1	2	3	4	5

What do you see as your weaknesses? _____

LESSON PLAN: LEARNING STYLES

OBJECTIVES

Students will complete the questionnaire as honestly as possible. (The first answer is usually the best.)

Students will circle all of the numbers at the bottom of the questionnaire.

Students will complete the reflection forms to determine the best way to utilize the information they learned about themselves.

MATERIALS

copies of pages 15 to 18

INTRODUCTION

Begin with a demonstration of several types of learning styles. Ask your students to participate in a demonstration. Have the students learn the same information in different manners. For example, one student might simply read the materials, one student might chant it to a beat, and another student might make out flash cards to review information. Point out that people have different learning styles which work for them. Discuss several types of strategies and techniques for studying, using the visual, auditory, and kinesthetic learning styles.

ASSESSMENT

Students will be graded on three aspects of the learning styles questionnaire and reflection (pages 15 to 17)

- A. Completeness
- B. Writing of the reflection and evaluation of his or her learning styles
- C. Mechanics: capitalization, grammar, and punctuation

Rubric Scores: **3 = high pass** **1 = needs revision**
 2 = moderate pass **0 = no response**

LEARNING STYLES RUBRIC

- 3** Student responds to directions, writes at least three study methods, demonstrates good sentence structure, and shows good understanding of study techniques.
- 2** Student responds to directions, writes less than three study methods, demonstrates adequate sentence structure, and shows some understanding of study techniques.
- 1** Student may not follow directions, writes less than three study methods, demonstrates poor sentence structure, and shows little understanding of study techniques.
- 0** No response.

REASSESSMENT

Students will have the opportunity to rewrite projects if they wish to improve their grades in specific skill areas.

LEARNING STYLES QUESTIONNAIRE

NAME: _____

Check only those statements which describe your behaviour. Be honest and answer with your first thought. Then circle the numbers at the bottom of the page.

- 1. I am very quiet. I do not volunteer answers often.
- 2. I love to talk a lot.
- 3. I move my body more than I talk.
- 4. I love to put together difficult puzzles.
- 5. I move a lot and I rarely sit still.
- 6. I remember jingles and television commercials.
- 7. I dress neatly and wearing color-coordinated clothing is important to me.
- 8. I usually touch things I see.
- 9. I notice details about the world.
- 10. I do not always worry about being messy, and my room is a mess.
- 11. I am distracted by background noises.
- 12. I have a vivid imagination.
- 13. When I am angry, I stomp and/or slam a door.
- 14. In my spare time, I would most of all like to watch television.
- 15. I can express my feelings.
- 16. In my spare time, I enjoy listening to the radio, record player, and/or tapes.
- 17. I try to touch and feel things I am learning about.
- 18. Even when I am upset, I do not tell anyone.
- 19. In my spare time, I prefer to be jumping, running, and/or wrestling.
- 20. I can put together projects without looking at the directions.
- 21. I like to solve problems by talking out loud.
- 22. I sound out new words and I am a good speller.
- 23. I think I have a fairly long attention span.
- 24. When I hear directions orally, I can follow them easily.

CIRCLES THE NUMBERS YOU HAVE CHECKED ABOVE AND WRITE THE TOTALS FOR EACH GROUP ON THE LINES.

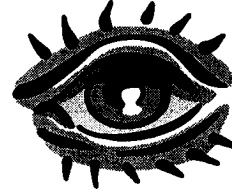
Group One	1	4	7	9	12	14	18	20	_____
Group Two	2	6	11	15	16	21	22	24	_____
Group Three	3	5	8	10	13	17	19	23	_____

Now refer to the second and third pages on how to use the information you have just learned about yourself.

LEARNING STYLES REFLECTION SHEET

NAME: _____

Group One numbers indicate a **visual** learning style (seeing). These students need to read over information, first looking at the headings in a written text. Visual learners like to study from their own notes.



Group Two numbers indicate an **auditory** learning style (hearing). These students might benefit from tape recording notes from class or tape recording parts of the textbook. Auditory learners enjoy studying with friends over the telephone or in person.

Group Three numbers indicate **kinesthetic** learning style (movement). Studying techniques for this type of learner might be making flash cards or inventing a game to play.



FILL OUT THE SECTION (A, B, OR C) BELOW WHICH APPLIES TO YOU.

A. If you discovered, on the learning style quiz, that you circled more numbers in one particular group (by at least two), which group was it? _____
This means you are a(n) _____ learner.

B. If you had two groups which had about the same amount of numbers circled, it means you use a combination of styles to learn. Which groups had the most circles? _____ This means I am a(n) _____ and a(n) _____ learner.

C. If you had about the same number of circles on all three different types of learning styles you are a(n) _____,
a(n) _____, and
a(n) _____ learner.

LEARNING STYLES REFLECTION SHEET (continued)

Now that you know what kind of learner you are, use this information to help you with your school work. If you learn information in a way that works well with your learning style(s) you will probably be more successful. For example, if you are an auditory learner, it would help you if you made up a song or chant to remember something.

Think of some learning techniques that are appropriate for you. Consider the ways in which you learn the best. Also, think about what types of studying you are willing to make a commitment to doing. List these study methods in the box below. If you need some ideas to get you started, read the information at the bottom of the page. However, you are also expected to come up with some of your own ideas.

This year I will use methods for studying which work with my learning style(s), including the following:

1.	_____

2.	_____

3.	_____

4.	_____

5.	_____

IDEAS FOR STUDY STRATEGIES AND TECHNIQUES FOR EACH LEARNING STYLE

Visual Learners – reading notes and textbooks, taking notes, checking section headings

Auditory Learners – talking and listening to others such as studying with a friend, talking on the telephone about lessons, taping information and listening to the recording

Kinesthetic Learners – activities such as making and playing a game or studying with flash cards, making a model

LEARNING STYLES SURVEY

When the classroom honours diverse learners, there is increased student engagement and motivation. Students who feel comfortable, included, and respected are more likely to learn and flourish.

Gayle Gregory

LEARNING SKILLS SURVEY (Tag – You're It!)

LEARNING STYLES QUESTIONNAIRE (Portfolios Through the Year)

ABIATOR'S ONLINE LEARNING STYLES INVENTORY TEST

- ◆ 48 questions
- ◆ results for visual, auditory, tactile learner shown in bar graph format
- ◆ <http://www.berghuis.co.nz/abiator/lsi/lsitest2.html>