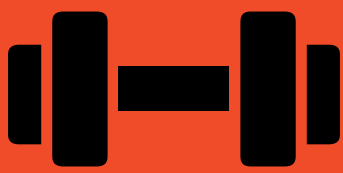


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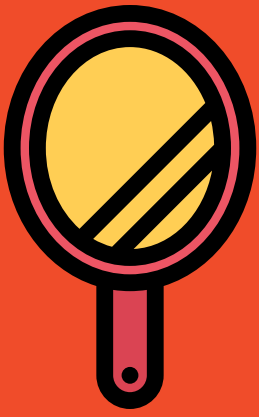
ACTIVE



Active learners tend to retain information best by doing something active with it (discussing, applying it, explaining to others). "Let's try it out and see how it works." Active learners tend to like group work, and tend to have trouble sitting through lectures without doing anything physical.

HELP YOURSELF: study in a group; discuss the concepts out loud; DO SOMETHING physical while you're learning

REFLECTIVE



Reflective learners prefer to think about information quietly at first. "Let's think it through first." Reflective learners prefer to work alone or with one person, and may also dislike sitting through lectures, but less so than active learners.

HELP YOURSELF: stop periodically to review what you learned; think of possible questions or applications of the material; write short summaries of class notes

SENSING



Sensing learners tend to like learning facts and often like solving problems by well-established methods. Sensors tend to be patient with details and good at memorizing facts. They tend to be more practical and look for real-world application in their classes.

HELP YOURSELF: connect the information to the REAL WORLD; ask teacher for specific examples of concepts and procedures

INTUITIVE

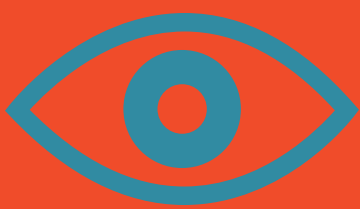


Intuitive learners often prefer discovering possibilities and relationships. Intuitors like innovation and dislike repetition and may be better at grasping new concepts and abstractions. Intuitors tend to work faster and may not classes that involve heavy memorization.

HELP YOURSELF: ask your instructor for interpretations or theories that link the facts; take your time with details (check your results more than once)

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VISUAL

Visual learners remember best what they see -- pictures, diagrams, etc. Visual learners tend to process the information they are receiving through pictures or visualizing the information.

HELP YOURSELF: try to find diagrams, sketches, schematics, or other visual representations of course material. Prepare a "map" of the material/concepts, so that the information is presented in a visual way.

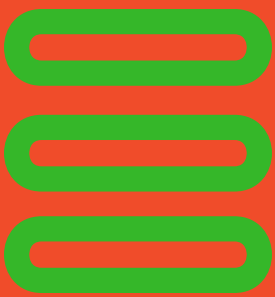


VERBAL

Verbal learners get more out of words -- written and spoken explanations. Verbal learners tend to have a preference for hearing the material, whether through lectures or others speaking.

HELP YOURSELF: work in groups to improve your understanding of material by hearing classmates' explanations. Also, it may be helpful to explain the material to other students while you are studying.

SEQUENTIAL



Sequential learners tend to gain understanding in linear steps. Each step follows logically from the previous one. Sequential learners may know a lot about specific details of a subject, but may have trouble relating them to other subjects.

HELP YOURSELF: when you're studying, take the time to outline the material; work on relating each new topic you study to things you already know

GLOBAL



Global learners tend to take large jumps, absorbing material almost randomly without seeing connections, then suddenly "getting it." Global learners may have trouble grasping the concept before understanding the "big picture."

HELP YOURSELF: working to realize the "big picture" before finding a solution; skim through your assignment prior to starting to work on it (big picture);