Learning Styles: Utilize Your Potential!

Coperthwaite, 2007 wrote,

“Many of the most important lessons in life can be learned but not taught.
So, even though we cannot teach these experiences, we can work to create an atmosphere to encourage learning” (p.57).


Professor Santiago, M.S ~Success Summit
Learning Styles....

- Introduction
- Professor
- Students
- DAEL
- ESU Resources
- Ideas
- Suggestions
Motivation!


> Motivational Clip. You will recognize familiar faces!

> They prevailed and succeeded and so can you!

Learning.. Motivation.. Mindset.. Success

> Take a risk toward improving your academics and utilize resources to succeed!
Discovering Your Own Learning Style

- Take a Learning Styles test (What’s your learning style?)
- 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?

Let's Take a Quiz
Modalities of Learning…..

http://people.usd.edu/~bwjames/tut/learning-style/stylest.html (Quiz)

http://people.usd.edu/~bwjames/tut/learning-style/styleres.html (Answer Key)
Maximize Learning Potential… Influence Yourself!

- http://www.youtube.com/watch?v=NoEee9l9nCw.
Don’t we wish 😊

True:

If learning is fundamental to everything we do, then understanding one’s unique Learning style is fundamental to learning!

"As we start a new school year, Mr. Smith, I just want you to know that I'm an Abstract-Sequential learner and trust that you'll conduct yourself accordingly!"
Learning Styles

Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.
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 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
- Take outline reading, use highlighters, circle words or underline.

Let me see it!
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
- Participate in group discussions.

Let me hear it!
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.
- Study with others
- Use flash cards to memorize
- Use memory games
- Study in short blocks

Let me touch it!
Additional Learning Descriptions

**Sociological** Some students benefit greatly from group activities and other do not. For those who are peer learners, pair them with another student when possible. For those who are self learners, do not force them into a group/peer-learning situation all the time. Cooperative learning is an important learning tool but some students are more introverted than others and may have difficulty participating in group activities.

**Auditory** Some students learn best by listening. Auditory learners do well with lecture, class discussions, etc. While lecture is considered the least effective teaching method, some students learn best by simply listening. These students may also be more sensitive to outside noises.

**Visual**  
Visual learners benefit from a variety of ocular stimulation. One example would be the use of colors. These students like images and written information. They like to be able to read instructions or the text on their own to increase their understanding. When studying it is helpful for these students to use different color highlighters or pens as they are reading and taking notes. These students may also be more sensitive to visual distractions.

**Tactile**  
Most people learn best with hands-on activities, but some gain a lot more from it than others. Some students really increase their learn potential when they are given the opportunity to do something by themselves. Especially in a science classroom there should be plenty of opportunities to learn by doing.
Environmental Factors

- **Formal vs. Informal** ~ A formal setting would be the traditional desk and chair or possibly a table. An informal setting would be the floor, a couch, a beanbag, etc. Every student's brain will not function the same in the same postural position. So when you see a student slouching in a traditional desk or chair, it may simply mean that they would learn better in more of an informal setting.

- **Noise vs. Quiet** ~ Some students find sound distracting and some find it calming. It may be beneficial to have several study areas established. One where the noise level is kept to a minimum and one where some background noise is present.

- **Temperature** ~ Room temperature also plays a key role in learning. If a student is too cold or too hot, they will have more of a hard time concentrating on what their learning task is. It is recommended that the classroom temperature be cool if possible. This way those who do not like being cold can simply wear another layer of clothing and be comfortable.
**Bright vs. Dim**~ Everybody's eyes react differently to light. Some students may need to sit by a bright reading lamp while others may get a headache when too much light is present. A light level that all students find comfortable should be sought.

**Kinesthetic**~ Some people need to have continuous movement as they are studying, such as tapping their fingers or foot on the floor, fooling with their hair, using a stress ball, or chewing gum. This is absolutely natural but if they are not alone studying, make sure they do not distract others.

**Mobility**~ The human body is built to move and it does particularly like to sit still for long periods of time. Have students to stand, stretch, and take short breaks as needed during studying. It is good to study in 20-30 minute increments with a brief break between each block of time. Research has shown that it only takes 30 seconds to rest and recharge the brain.
Using Knowledge of Your Learning Style

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

Fascinating! I need to know more...
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 all over the place

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.
- Go to your advisor.
- Utilize tutoring and writing labs as well as professors’ office hours!
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” and your ideas with your instructor.

So what is it about your grade that you don’t like?
KEEP IN MIND

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”
- Pay attention to directions!
- Keep an open mind: there are many ideas beyond your own.
- Utilize resources on campus

Life Long Learning~All life is learning - it never stops!
Learning Style Activity!

Tell Me 1 Thing you Learned!...........

Your Brain Has A Mind of Its Own!

Thank You!

Professor Jessica Santiago, M.S.

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