

**Time Required:** 30-45 minutes



### **Content Standards:**

Students will acquire attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.

### **Indicators (Students will...):**

Apply knowledge of learning styles to positively influence school performance.

**GOAL: Students will explore learning styles and study techniques and choose strategies to improve individual learning.**

### **Activity Statements:**

Students will identify their individual learning style - visual, auditory, tactile, or combination. By using the results of a self-assessment, they will develop a plan to include strategies to improve their ability to learn.

### **Materials:**

Handout 1 *Learning Styles Assessment* -  
Handout 1 Learning Styles Assessment Handout 2 Learning Styles  
Handout 3 Learning Strategies I Will Try  
Handout 4 Left Brain/Right Brain

### **Procedures:**

Distribute Handout 1 *Learning Styles Assessment* and ask each student to complete independently. Distribute scoring page after completion of the assessment and have the students compile their results. Discuss the definitions for each of the learning styles - visual, auditory, tactile, or combination. Divide students into three groups according to the results of the self-assessment. Student will discuss the study tips provided in the assessment and the suggestions provided on Handouts 2-4. Each group will discuss those that have been effective in improving learning – “best practices” or “what works for me.” Students will independently complete “My Plan” on Handout 3 to develop their individual plans to improve learning.

### Discussion:

What is your dominate learning style?

Was their a large gap between the scores for the dominate style and the other two styles? Or were they more evenly distributed?

What if any surprised you about your scores?

What strategies do you think will work best for you?

### Additional Resources:

Dartmouth's website allows students to go online and take an 80-question assessment to help them determine their learning style. Learning and Study Strategies Inventory (LASSI).

<http://www.dartmouth.edu/~acskills/success/selftest.html>

This is a comprehensive website on learning styles, study techniques, listening tips, note taking, learning and writing strategies and more. <http://elc.polyu.edu.hk/CILL/strategy.htm>

The Felder's Index provides an immediate assessment of your learning styles that requires no username or password to take the test. It is a 44-question survey that assesses your study habits.

<http://www.engr.ncsu.edu/learningstyles/ilsweb.html>

**Extension Activities:** On your own, go to one or more of the above websites, complete the assessments; continue to learn about yourself and try new techniques that fit your learning style.

### Extension Activities:

Students will be encouraged to share the handouts and websites with parents and other individuals who provide academic support. Not only will this provide guidance for those assisting with homework, but can explain why students perform better on tasks where they can apply their dominate learning style.

### Optional Activity:

Have the student take the Learning Style Inventory in the [Learn About Yourself](#) Section