

# THE ART OF LEARNING



**Time Required:** 30-45 minutes

**Principles:**

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

**Objectives (Students will...):**

- Develop a variety of strategies to improve learning.

**GOAL: Students will analyze their intellectual strengths and personal learning style and develop a plan to improve learning.**

**Activity Statements:**

Students will take a learning styles self – assessment, discuss learning styles, and develop a personal plan to maximize their learning styles.

**Materials:**

- Handout 1 *Learning Styles Assessment*
- Handout 2 *What are Your Learning Styles*
- Handout 3 *Making Your Learning Style Work for You*
- Handout 4 *What are the Types of Multiple Intelligence*
- Handout 5 *Eight Styles of Learning*

**Procedures:**

10 minutes - Distribute Handout 1 *Learning Styles Assessment* and ask each student to complete independently.

15 minutes – Divide students into groups by learning style. Ask students to select the group they feel they best fit into, based on assessment results: *Visual, Auditory, Tactile or Combination*. Ask students to discuss results and use Handouts 2 – 5 to come up with learning strategies they feel best fit their particular learning style.

10 minutes – Have students independently complete “My Plan” on Handout 3 to develop their individual plans to improve learning.

# THE ART OF LEARNING

---

## Discussion:

Learning, like life, is unique to each individual. By learning about ourselves and how we best learn, we can create our own ART OF LEARNING.

- What is your dominate style of learning?
- What surprised you about your results?
- Name something you are really good at.
- What are some suggested techniques for each learning style? Visual , Auditory, Tactile
- What is a new technique you plan to try?

## Additional Resources:

Dartmouth's website allows students to go on line 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>

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

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.