

LEARNING STYLES (PART 2)

This session will help participants become aware of their learning styles and how that awareness can help them become more effective learners.

CATEGORY

- Life Skills
- Learning Styles

OBJECTIVES

By the end of this session, participants will be able to:

- Identify three different styles of learning.
- Discover individual learning styles through self-assessment.
- Understand what learning strategies are best for each style of learning.

SUPPLIES

- Computer with Internet access or smartphone

ADVISOR NOTE: Text in italics should be read aloud to participants. As you engage your post in activities each week, please include comments, discussions, and feedback to the group relating to **Character**, **Leadership**, and **Ethics**. These are important attributes that make a difference in the success of youth in the workplace and in life.

ACTIVITY

Introduction

Ask Explorers how they would best learn the following:

- How to play a card game
- How to learn something from U.S. history
- How to tie a knot in a rope

Various answers will be generated—some people like to be shown a task, some prefer to try it themselves, and others would rather hear an explanation. Note that many people have preferences regarding how they like to learn things. Knowing a little bit about those preferences helps people take advantage of them so they can become better learners.

Direct participants to the [“What’s Your Learning Style?”](#) self-assessment from EducationPlanner.org.

Give them about 10 minutes to complete the self-assessment. When they are finished, have participants review their results and then click on the “view all of the learning styles” link to find out about the other learning styles and strategies to become better learners. Initiate a group discussion about the different learning styles and learning strategies.

ADVISOR NOTE

Some sample questions are below. They are designed to help the participants apply what they have

learned to their own interests. You are welcome to use these questions or develop your own questions that relate to your post or specific focus area.

REFLECTION

Focusing Questions

- *What did you learn from the self-assessment?*

Analysis Questions

- *Did the results surprise you or affirm what you already understood about yourself?*

Generalization Questions

- *How can you use this information to help you become a more successful learner?*
- *How can you use this information to help you expand your ability to use a style that is not your dominant or preferred learning style?*
- *Why is this important?*