

Discover Your Learning Style

Student Success Workshop

What is a “learning style”?

Learning style refers to how people learn new information, solve problems, and process information.

There is no one best way to learn.

Everyone processes information in a different way. No learning style is superior to another style.

During this workshop you will:

- Learn about the different learning styles
- Identify your personal learning style
- Learn how to use your particular style to benefit your educational experience

Three basic types of learning styles:



Visual – learn from information being presented in a visual format such as written word or pictures



Auditory – learn from information presented in a auditory language format



Kinesthetic – learn best from hands on learning experiences

What are the benefits of knowing my learning style?

- You can take advantage of your highly developed areas to improve your academic performance.
- You can avoid problematic situations
- You can target areas of improvement
- You will be more successful!

How can you identify your learning style?

Complete the quiz “What’s Your Learning Style?”

Learning Style Study Tips

- Visual Learners understand concepts by seeing them, and learn new tasks by watching demonstrations.
- Auditory Learners learn best by hearing the information out loud.
- Kinesthetic Learners understand and process information through doing.

Discussion Questions

Think of a class that you liked the most in high school or college.

- What was the compatibility between your learning style and the teaching style of your instructor?
- What was your attitude about the class?
- Think about the efforts you made in the class. Was this related to your attitude towards the class?

Think of a class that you liked the least in high school or college.

- What was the compatibility between your learning style and the teaching style of your instructor?
- What was your attitude about the class?
- Think about the efforts you made in the class. Was this related to your attitude towards the class?

- Analyze your answers. What can you do to improve your learning in future courses?