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 an 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.

www.whitman.edu/content/academic_resources/study_skills/ls_tips
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?