

Name of Program: Learning Styles and Study Methods

Target Audience: All Grade Levels

Strategy for Implementation: Group Discussion and Activity

Time of Year Implementation: Early Fall Semester

Relevant Learning Goal: Life Skills

- Students will demonstrate competence in skills essential to thrive in a professional setting.
- Students will practice steps for positive decision making.
- Students will identify and utilize various campus and academic resources.

Specific Lesson Outcomes:

- Students will find what learning styles work best for them.
- Students will understand how to use these learning styles in their study habits, presentations and school work.
- Students will be able to locate resources to best help their learning style.

Google Slides

<https://docs.google.com/presentation/d/10hI98AlcZI75HrcD6ZrvoJhNunuS-WmP4fD6og-PJ3U/edit?usp=sharing>

Purpose: Students will be able to identify their learning styles and implement their use in their academic careers. They will also learn how to best advocate for themselves in the classroom and find the best studying methods that work for them.

Planning and Preparation:

Optional Pre-Work

- Have students try to identify methods of learning that work best for them. They can re-evaluate after the program.
- Have students think of studying methods that do not work for them

Introduction :

- Ask the students what their definition of learning styles are.
- Talk about what learning styles they think work best for them.
- Ask, “Can individuals have more than one learning style?”

Body of Program

- Define what Learning Style is.
 - ❖ A learning style is the way an individual learns. It is the best method for that individual to absorb, retain, and comprehend information
- Talk about the 7 learning styles and go into detail about each. Do not just talk about the Big 4 learning styles (visual, auditory, verbal, and kinesthetic).
 1. Visual Learners
 2. Auditory Learners
 3. Verbal Learners
 4. Kinesthetic Learners
 5. Logical Learners
 6. Social (Interpersonal) Learners
 7. Solitary (Intrapersonal) Learners

*Linked Google Doc has more detail for each learning style.
- Explain that a person can have more than one learning style.
- Have a discussion about what learning styles resonate with them.
- **Activity:** Have them take a learning style quiz, which shows them what percentage of a learning style they may have. (Since individuals tend to have more than one learning style)

<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>

- Talk about what study methods work for each individual learning style. (Examples are given in linked google doc). Brainstorm ideas with the students and ask what study methods work best for them.
- Closing Statement: Explain that learning styles can help students best advocate for themselves in the classroom, create learning plans and create good study habits.

Assessment

1. Name and define the 7 different learning styles.
2. What learning styles resonate with you and why?
3. What study tips can you incorporate with your learning style/s?

References

<https://www.asapscience.com/>

<https://educationonline.ku.edu/community/4-different-learning-styles-to-know>

<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>

<https://www.rasmussen.edu/degrees/education/blog/types-of-learning-styles/>

<https://www.time4learning.com/learning-styles/>

<https://tophat.com/glossary/l/learning-style/>