

13 Understand Your Learning Style



TRANSITION OBJECTIVE

Students will differentiate between auditory, visual and kinesthetic learning styles and identify their own learning style.

RELEVANCE TO SUCCESSFUL TRANSITION

Each of us has a specific learning style. Our preference may be visual, auditory, kinesthetic or a combination. If students know and understand their learning style, they can make accommodations that will maximize their learning.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

One thing that was easy for me to learn . . .

❑ STEP 2: Convene Roundtable

"One thing I do to help me remember something is . . ."

❑ STEP 3: Advance Organizer

"Today you will identify your learning style."

they will learn to fold a napkin into a seashell shape. Complete this activity by following the **Learning Style Activity Guide** in Appendix A. In this activity, students go through a series of steps using the three learning styles. They identify their strongest learning style after completing the activity. Typically, students use several learning styles. However, one area is dominant. Research on learning styles indicates that a majority of students are kinesthetic learners and benefit most from experiential learning.

PERSONAL MANAGEMENT: Appendix A UNIT 2: LESSON 13

Learning Style Activity Guide

Auditory
For part of the activity give only verbal directions, withholding the steps for "folding a napkin" without giving any visual cues. To start, verbally describe how to fold a napkin into a seashell shape. (See Demonstration Steps, below.) Say, "I've folded the napkin in half. Starting at one end of the rectangle, fold it in on an accordion with one inch folds. Leave four inches unfolded at the end of the accordion (point left). Fold the accordion in half so the unfolded 4" section meets itself. The unfolded section will become a tail and the tail of a diamond will be the seashell. Fold the long side of the diamond in half with one hand and the folded accordion with the other. Fold the napkin on the spot where you want it to stay. Lay it on the accordion and watch it fall into a half circle of folds like a seashell."

Visual
After speaking the directions, hand each student an unfolded napkin and ask them to fold it into the seashell shape. Do not give additional directions after these minutes, but say the class and record on the board those students who are able to fold the napkin after the auditory directions.

Demonstration Steps
1. Fold the napkin in half to form a rectangle.
2. Starting at one end of the rectangle, make 2" folds, accordion style.
3. Leave 4" unfolded section at the end of the rectangle.
4. Fold the unfolded section to make the unfolded section meet itself.
5. Fold the long side of the diamond in half to form a tail.
6. Fold the tail of the diamond to form a seashell shape.
7. Fold the long side of the diamond in half to form a seashell shape.

Kinesthetic
Hand each student a napkin and ask them to fold it into the seashell shape. Do not give additional directions after these minutes, but say the class and record on the board those students who are able to fold the napkin after the visual directions.

Discussion
After going through the steps once, ask each student to fold the napkin independently. Survey the class and record on the board those students who can fold the napkin after the kinesthetic demonstration.

Discussion
If part of the students complete the following, indicate the information on the board to determine which learning style was most popular and make a graph representing the number of students who prefer each learning style. Have each report to the class.

PERSONAL MANAGEMENT: Unit 2 LESSON 13

HOW DO I LEARN?

Carefully read each statement. Mark an X in the box if the statement describes you. Leave the box blank if the statement does not describe you.

Statement	Visual	Auditory	Kinesthetic
1. I am usually quiet.			
2. I like to doodle during class.			
3. I like to hum or sing while doing things.			
4. I would rather watch than talk or do something.			
5. I usually tap a pencil or my foot while studying.			
6. Spelling is very hard for me.			
7. I have very good handwriting.			
8. I enjoy talking to people.			
9. I talk to myself when studying or doing something.			
10. I use my hands when I am talking to someone.			
11. I dress for comfort, not fashion.			
12. Noise distracts me when studying.			
13. I like to read and will spend free time reading.			
14. Spelling is usually very easy for me.			
15. I like to touch and use my hands during activities.			
16. I enjoy trying new things.			
17. I like to listen while someone reads out loud.			
18. I usually whisper to myself when I read.			
19. I am very neat at home and at school.			
20. I like to move around a lot during class.			
21. I like class activities when I can touch or move.			
22. I really enjoy listening to music.			
23. I am easily distracted by noises.			
24. I can remember colors, shapes or pictures.			
25. I like to role play or move during activities.			
26. I like to speak or listen to guest speakers at school.			
27. I like written instructions over verbal instructions.			
28. I keep my notebook and room very organized.			
29. I would rather do something than sit and read.			
30. I easily remember things that I hear.			

Count the X's in each column and mark the Totals

Column 1 = Visual Column 2 = Auditory Column 3 = Kinesthetic

85

❑ STEP 4: Activity - 30 Minutes

Tell the class they will learn a new skill using three learning styles: auditory, visual and kinesthetic. Explain that auditory depends on listening, visual depends on seeing and kinesthetic depends on doing. Tell students

❑ STEP 5: Activity - 15 Minutes

Have students complete the handout **How Do I Learn?** After they have completed items

1-30, they will count the number of X's in each column. Their learning style will be indicated by the highest number in any one column: Column 1 for visual, Column 2 for auditory and Column 3 for kinesthetic. Ask students to compare this score with their findings from the **Learning Styles Activity** (napkin folding). Ask for a show of hands to see those who had the same learning style in both activities. Have students add this information to their graphs. Students then complete Section 9 of their **Personal Career Profile**.

☐ **STEP 6: Evaluate Outcomes**

My learning style is "_____."

☐ **STEP 7: Connecting Activity**

Talk with five friends about their learning style. Which style is most common? Why?

KEY WORDS

visual	learning style	auditory	kinesthetic
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MATERIALS AND PREPARATION

- Student Handouts: **How Do I Learn?**, page 85; **Learning Style Activity Guide**, Appendix A, page A9; **Personal Career Profile**, page 59.
- Follow the **Activity Guide** directions to teach students to fold a napkin into a seashell shape. Provide large paper or cloth napkins for each student.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Math, Listening
- Thinking Skills: Problem Solving, Visualizing, Knowing How to Learn
- Personal Qualities: Self-Management