

Learning Styles

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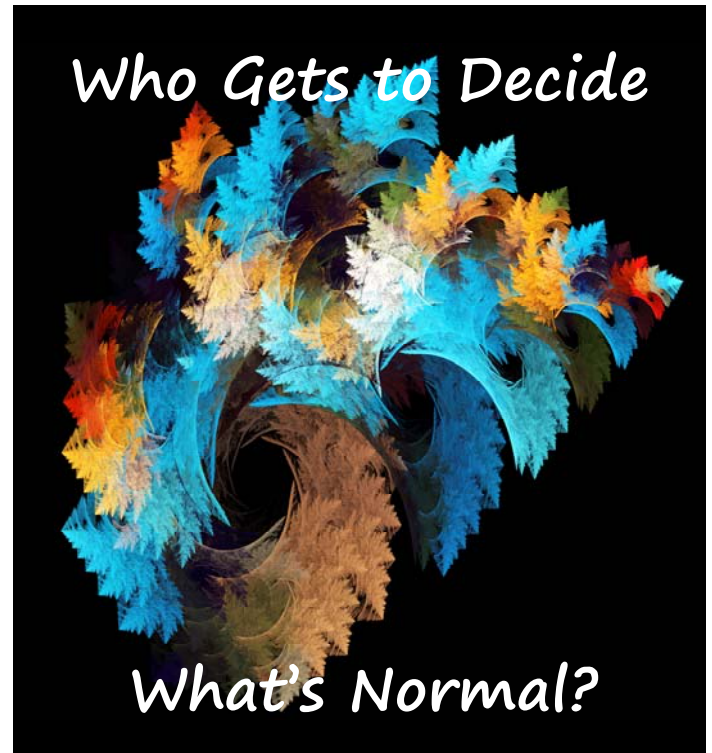
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A Practical Look at Learning Style Strengths

by

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Be patient with each person, attentive to individual needs. And be careful that when you get on each other's nerves you don't snap at each other. Look for the best in each other, and always do your best to bring it out.

—1 Thessalonians 5:14-15
(The Message)

Apple St.
(Applied Learning Styles)



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How I Concentrate Best:



A. I'm usually at my best for thinking:

Early in the morning

Late at night

B. When I'm studying or concentrating:

It helps to eat or drink

I'm distracted by eating

C. When I read or study, the best light:

Bright

Soft or Dim

D. I usually study best in this setting:

Formal desk or chair

Floor, sofa, bed, etc.

E. I can't focus in extreme temperature if it's too:

Cold

Hot

What Helps Me Remember Information:



Auditory

(To remember something, I usually need to hear myself say it out loud, discuss it with others, or make a "thinking noise")

Definitely

Sometimes

Never

- Ask me questions.
- Tell me what you want and let me ask questions..
- Use emphasis & emotion in your voice; no monotone.

Visual

(To remember something, I usually get a picture in my mind, draw, doodle, or write it down.)



Definitely

Sometimes

Never

- Show me something as soon as possible.
- Give me a chance to visualize what you're saying.
- Put it in writing whenever you can.

Kinesthetic

(To remember something, I usually need to move around, take short breaks, and take some kind of action)



Definitely

Sometimes

Never

- Let me do something as soon as possible.
- Let's walk or do something while we talk.
- Get to the point quickly.

How My Mind Processes Information:

Analytic

Focus on specific facts; break information down, piece by piece; remember details.

Definitely

Definitely Not

My Strengths:

- Focusing on details
- Doing one thing at a time
- Working independently



My Preferences:

- Having an orderly process
- Knowing what to expect
- Being objective and consistent

My Frustrations:

- Having opinion expressed as fact
- Dealing with vague generalities
- Not understanding the purpose

Global

Focus on the big picture, get an overall understanding of the "gist of things", understand things in context.

Definitely

Definitely Not

My Strengths:

- Seeing the overall picture
- Doing several things at once
- Working cooperatively



My Preferences:

- Getting to the point without much detail
- Feeling understood and appreciated
- Flexibility and variety

My Frustrations:

- Having to explain myself
- Not knowing the end result
- Listening to a lot of details

To find out more about identifying your environmental preferences: **The Way They Learn**, pp. 75-85; To find out more about identifying your strongest modalities: **The Way They Learn**, pp. 89-99; To find out more about identifying your naturally dominant cognitive process; **The Way they Learn**, pp. 103-125.