
Learning Styles

This exercise will help you to identify the way you learn best. To complete it, you will need to do three things:

- 1. complete the questionnaire (page 2)
- 2. transfer the information from the questionnaire to the diagnostic chart (page 3)
- 3. relate the results of the diagnostic chart to the types of learner – Activist, Reflector, Theorist, Pragmatist – described in the booklet and on the website

Completing the Questionnaire

The questionnaire contains rows of statements with a box for you to write in alongside them. You need to rate each of the statements according to this scale:

- 4 describes your approach to learning best
- 3 describes your approach well
- 2 describes your learning style adequately
- 1 describes your approach to learning least well

Here is an example to help you get started:

I am open to new experiences	<input type="text" value="2"/>		I like to try things out myself	<input type="text" value="4"/>		I am energetic and enthusiastic	<input type="text" value="1"/>		I get involved	<input type="text" value="3"/>	
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Now move on to the questionnaire overleaf

1.

The Questionnaire

	A	B	C	D
1	I like being useful <input type="radio"/>	I take my time before acting <input type="radio"/>	I am particular about what I like <input type="radio"/>	I get involved <input type="radio"/>
2	I am open to new experiences <input type="radio"/>	I look at all sides of issues <input type="radio"/>	I like to analyse concepts and break them down <input type="radio"/>	I like to try things out <input type="radio"/>
3	I like to deal with my feelings <input type="radio"/>	I think about ideas <input type="radio"/>	I like to watch <input type="radio"/>	I like to be doing things <input type="radio"/>
4	I accept people and situations as they are <input type="radio"/>	I am aware of what's going on around me <input type="radio"/>	I have tasks <input type="radio"/>	I evaluate <input type="radio"/>
5	I am logical <input type="radio"/>	I consider many questions <input type="radio"/>	I have gut feelings and hunches <input type="radio"/>	I am hard working and like to get things done <input type="radio"/>
6	I like to be able to see and touch objects <input type="radio"/>	I like to be active <input type="radio"/>	I like ideas and theories <input type="radio"/>	I like to observe <input type="radio"/>
7	I prefer to learn in the here and now <input type="radio"/>	I like to consider and reflect on my observations <input type="radio"/>	I like to see results from my work <input type="radio"/>	I tend to think about the future <input type="radio"/>
8	I rely on my feelings <input type="radio"/>	I rely on my ideas <input type="radio"/>	I rely on my observations <input type="radio"/>	I like to try things out myself <input type="radio"/>
9	I tend to reason things out <input type="radio"/>	I am quiet and reserved <input type="radio"/>	I am energetic and enthusiastic <input type="radio"/>	I am responsible about things <input type="radio"/>
	A	B	C	D

The Diagnostic Chart

Now that you have completed the questionnaire, you can transfer your scores to the grid below. You only use six answers for each type of learning style – as shown in the grid. When you have filled in the scores, add your totals up and put them in the space at the bottom of each column of the grid.

Reflector <i>Reflective Observation</i>	Theorist <i>Abstract Conceptualism</i>	Pragmatist <i>Active Experimentation</i>	Activist <i>Concrete Experience</i>
B1	C2	A1	A2
C3	B3	D3	A3
D6	D4	B6	A4
B7	A5	C7	C5
C8	B8	D8	A7
B9	A9	D9	A8
Total Score _____	Total Score _____	Total Score _____	Total Score _____

The highest score will indicate to you what type of learner you are.

The characteristics of each learning style are explained in the booklet, pages 6 – 7, and on the website at <http://www.surrey.ac.uk/Skills/Pack/styleq.html>

Reference:

Coventry University - *Principles of Learning* pack
<http://www.edu.coventry.ac.uk/downloads/>