Personal Development and Careers

Task 2 – Learning Styles

Academic Year 2012/2013
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<th>Topic</th>
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<td>Learning, skills and employment</td>
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<td>Managing your learning: Learning styles</td>
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<td>Library workshop</td>
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<td>4</td>
<td>Reading and note taking</td>
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<td>Working in diverse groups</td>
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<td>Giving effective oral presentations</td>
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<td>Problem solving</td>
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<td>Using excel</td>
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<td>Planning to improve skills</td>
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By the end of the session, you should be able to:

• Define what ‘learning’ is;

• Be able to understand the difference between the traditional/modern view on learning

• Identify and understand your own learning style

• Know what strategies you can implement to improve your learning approach
What is learning?  

**Traditional view**

- Reduce knowledge to ‘information’ – acquire ‘facts’
- ‘Textbook syndrome’
- Is this helpful for you?
Learn and regurgitate what you’ve been told.

Desire to understand, active interest in subject.
Modern view

How would you define learning?

“Learning is *purposeful* activity aimed at acquisition of *skills*, *knowledge* and *ways of thinking* that improve effectiveness in future situations” (Cameron, 2009: 51)
Kolb's theory

- Model of how ideas & experience are integrated
- Learning is circular, not one-off process
Kolb's learning cycle

Experience

Act

Reflect

Theorise

Adapted from Cameron, 2008: 54)
Honey and Mumford (1986)

Learning Styles

ACTIVIST

THEORIST

REFLECTOR

PRAGMATIST
Why does your learning style matter?

- Advantages/disadvantages of each approach
- You are able to implement strategies to amend your approach
- You can begin to understand how you learn best
ACTIVIST – “Let’s do it”

**Strengths**
- Flexible and open-minded
- Happy to ‘have a go’
- Enjoys new situations
- Optimistic about anything new
- Highly sociable
- Likes small group discussions

**Weaknesses**
- Takes the immediately obvious course of action without weighing up other possibilities
- Does too much themselves
- Takes unnecessary risks
- Goes into action without enough preparation
- Gets bored with implementation & consolidation
REFLECTOR “Stand back”

### Strengths

- Careful
- Thorough and methodical
- Thoughtful
- Good at listening and assimilating information
- Rarely jumps to conclusions
- Listens before speaking
- Likes to use journals and brainstorming
- Lectures are helpful if they provide expert explanations

### Weaknesses

- Holds back from direct participation
- Slow to make up their mind and reach a decision
- Too cautious, does not take enough risks
- Not assertive
THEORIST “Think”

Strengths

• Thinks things through in logical steps
• Objective
• Analyses and synthesises
• Rational approach
• Likes lectures, models, case studies, and readings

Weaknesses

• Problems with creativity
• Spend too much time planning
• Problem with applying theoretical aspects in real situation
Pragmatist “Plan the next step”

Strengths

• Loves new ideas provided they can be put into practice
• Practical: Likes to apply what one has learned
• Down-to-earth
• Likes laboratories, field work, and observations

Weaknesses

• Leaps to practical solutions to problems without thinking about conceptual underpinning or whether more creative approach might be possible
What learning style do YOU have?

Before you fill in the learning style questionnaire:

- What do you think - which learning style do YOU have?

- Write this down on a piece of paper and compare whether this is really your learning style
For the portfolio…. TASK 2

– Follow the instructions given
- Give the task a heading

✓ Completed questionnaire
✓ Spreadsheet
✓ Completed cross-diagram
✓ Conclusion
Learning Styles

Which one best reflects how you learn?
Do you prefer to learn by:

- Visual
- Auditory
- Tactile
- kinaesthetic
Why is this important?

Identify 5 different demands on you at University compared to school...
Can I change my learning style?

In groups of 4, discuss how you can change from one learning style, to another?