MESA Boot Camp
STUDY SKILLS UNIT #1 LEARNING STYLES INVENTORY
CREATED BY RENITA MITCHELL

Activity 1: Identifying your learning style

Each person has his or her own learning style. Some people are visual learners and require diagrams, pictures or tables. Others maybe verbal learners and pay more attention to verbal instructions instead of written instructions. There are students who need to see the big picture and then there are students that need to see the pieces first and then decide how to put them together. Awareness of ones learning style is an asset to the student because:

1) The student can learn to adapt material from class instruction to fit their needs.
2) The student can identify which areas they are weak in and make a decision to put more time and effort into learning how to adapt to the material and the instructor.

There will be times when the student will need to be able to do both.

Exercise: Go to www.countingbear.com, scroll down to "Review Topics" and then click on the "Study Skills" link. Then click on "Learning Styles and Strategies" and read the page thoroughly. Write 1-2 paragraphs describing

a) What do you think your learning styles will be?
b) How did you come to that conclusion for part (a)?

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Activity 2: Complete the Index of Learning Styles Evaluation. Make sure you initial each step completed.

1) _____ Go to www.countingbear.com, scroll down to "Review Topics" and then click on the "Study Skills" link. Then click on "Index of Learning Styles Questionnaire"

2) _____ The questionnaire requires you to answer 44 questions to determine your learning style. Click "a" or "b" to indicate your answer to every question.

3) _____Hit the **"SUBMIT"** button at the bottom of the questionnaire so that your results maybe computed.

4) _____**Print** a copy of your Learning Styles Map, which maps you learning style by x's (it is a scale with numbers on it that will have an x marked over the number).

Example of a learning style map and how to read it:

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                    Results for: Renita D Mitchell

Active Learner  ACT                      X                                  REF  Reflectiv e
                     11  9   7   5   3   1   1   3   5   7   9   11
                                        <--  -->

Sensing Learner SEN                                      X                  INT  Intuitiv e
                     11  9   7   5   3   1   1   3   5   7   9   11
                                        <--  -->

Visual Learne   VIS      X                                                  VRB  Verbal Learne
                     11  9   7   5   3   1   1   3   5   7   9   11
                                        <--  -->

Sequential Learner SEQ                           X                          GLO  Global Learne
                     11  9   7   5   3   1   1   3   5   7   9   11
                                        <--  -->
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The x over a number is your preference for and the strength of that particular learning style, which could be mild, moderate or strong.
The higher the number the more you lean towards this learning style. If you are closer to the middle (mild), you could go either way (you are balanced).

In the example Renita is a mild active and global learner; however, she could be a reflective and sequential learner (she is balanced in these two groups). She is a moderate intuitive learner and a strong visual learner.

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Activity 3: Reread "Learning Styles and Strategies" and use your Learning Styles map to reevaluate your learning style. Write a 1 page report describing:

1) Your real learning style
2) Whether you were correct in your own assessment.
3) What are some techniques from the Strategies portion of the article you will use to help you in future math classes?