



HANDOUT - MY LEARNING STYLE

Name: \_\_\_\_\_

LEARNING STYLES ASSESSMENT

- 1. Select **Who Am I** from the menu navigation on the left-hand side of the screen
- 2. Complete the **Learning Styles** assessment
- 3. Click **View Report** and answer the following questions

What is your learning style? \_\_\_\_\_

List four study tips that were recommended to you. Add a star next to the ones you have not tried yet.

_____	_____
_____	_____

Select one of the study tips you have tried, and explain why it was beneficial. *(helpful)*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How will knowing your learning style help you academically or personally?

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Give an example of a career your learning style would match well with. Explain why.

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## LEARNING STYLE REFLECTION p. 2

1) What does it mean to be an auditory learner?

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2) What does it mean to be a kinesthetic learner?

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3) What does it mean to be a visual learner?

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<b>Learning Progress Continuum</b> (in relation to Curriculum Learning Standards)			
<b>Emerging</b>	<b>Developing</b>	<b>Proficient</b>	<b>Extending</b>
Student is beginning to demonstrate learning and/or requires direct support to access learning.	Student is demonstrating learning with growing consistency and independence and may require some direct support.	Student demonstrates learning with consistency and independence.	Student demonstrates learning with consistency, independence, and increasing depth and complexity.
<i>"I am beginning in my learning."</i>	<i>"I am learning more on my own and need more practice."</i>	<i>"I am learning fully on my own."</i>	<i>"I am learning fully on my own and applying myself further."</i>