**Using Learning Styles - Reflections**



Reflecting on how you learn helps you apply what works for you in new learning situations. Here are some questions to get you started on reflection:

1. Do I enjoy studying with other people? If so, in what way does it help me learn?
2. Do I find that I need concrete experience when learning? How have I provided this for myself in previous learning experiences?
3. Do I need to get an overview of material before I learn details? How have I provided this for myself?
4. Is it important for me to be actively involved in a class through participation in discussion, study groups, or other ways?
5. Do I learn better in structured situations (for example, with clearly defined assignments/requirements)?
6. What kind of study environment works best for me? Should I have quiet, or do I need some background noise?
7. What ways of managing time fit my style? Do I do better with set times to study, or should I use a “to do” list and have my study times flexible?
8. What length of study periods works best for me?
9. Does it help me to be busy and move around when I study? How have I done this in the past?
10. Do I find it easier to remember main ideas or details? How could I make sure I learn both?
11. Do I find group discussions helpful or distracting when learning? Why? How can I reduce any difficulties I may have in discussions?
12. Do I remember best what I hear or what I see? How do I know this? How have I used this knowledge about myself in the past?
13. Does the teacher’s personality make a big difference to me in learning? Has it ever made learning harder? What did I try to do to learn in that class?