

Understanding Learning Styles

Objective: Students will discover, through participation in class activities and a learning assessment, more about the natural ways they think and learn, and how this learning style knowledge can be applied to educational learning tasks. Discovering more about learning styles will help students apply their own natural learning styles to educational learning tasks. Learning style is defined as “the different ways that people naturally think and learn.” When students are aware of their learning styles, they:

- 1) *Are able to determine the best approach to learning something new.*
- 2) *Can judge what occupation would be suited for them based on their learning style*
- 3) *Do well in a career that uses their strongest learning styles.*

Dr. Howard Gardner’s seven different learning styles or ways which people demonstrate their intellectual ability. (note: 90% of all people are gifted in at least one area. Even though we have dominant LS we are a combination of many others)

- 1) *Visual/Spatial intelligence: ability to perceive the visual*
- 2) *Verbal/linguistic intelligence: ability to use words and language*
- 3) *Mathematical/logical intelligence: ability to use reason, logic and numbers*
- 4) *Bodily/kinesthetic: ability to control body movements and handle objects skillfully*
- 5) *Musical/rhythmic: ability to produce and appreciate music*
- 6) *Interpersonal intelligence: ability to relate to and understand others*
- 7) *Intrapersonal intelligence: ability to self reflect and be aware of one’s inner state of being*

A very important personality characteristic for students to have is knowing how to gather information and turn it into knowledge. Ask students if they think everyone learns things in the same way. Tell them they are next going to take a learning style inventory to find out the ways they learn new information best.

Note: Dr. Howard Gardner is a Co-Director of Project Zero and Professor of Education at Harvard University and has for many years conducted research on the development of human cognitive capabilities. Dr. Gardner’s theory on multiple intelligences reinforces his cross-cultural perspective of human cognition. “The intelligences are languages that all people speak and are influenced, in part, by the culture into which one is born. They are tools for learning, problem solving, and creating that all human beings can use.”