



Exploring Leadership

SOCIAL AWARENESS: LEARNING STYLES

Some sources list up to seven learning styles, but four main ones are the most useful to know: visual, auditory, kinesthetic, and read/write. Each learning style is a unique tool that helps you understand information in a way that makes sense to you. Knowing your style can help you learn better and communicate more clearly with others.

CONVERSATION STARTER:

Have you ever been in a classroom where the lesson just didn't click? Maybe you felt completely lost or like everyone else understood something you didn't. This often happens because the class was taught in a learning style different from the way you naturally learn.

Knowing how you learn also improves how you connect with others. By understanding that people learn in different ways, you can communicate more effectively by adapting to their style. Learning about these styles builds skills that help you grow and succeed in all areas of life.

KEY OBJECTIVES:

- Identify and recognize examples of the four main learning styles.
- Discover your own learning style by completing a short quiz.

WHAT YOU'LL NEED:

- Copies of Appendix A: Learning Style Inventory Questions
- Pens or pencils
- Optional: Projector to show Appendix B

EXPLORATION ACTIVITY:

In this activity, you'll discover which learning style fits you best. Let's dive in to discover what works best, making learning easier and more effective for everyone!

FACILITATION TIPS:

- Avoid labeling any style as "better" or "easier." Emphasize that all styles are valid and valuable.
- In pair activities, remind students to listen and observe how their partner responds—it builds empathy and awareness.
- Hand out copies of Appendix A: Learning Style Inventory Questions, along with pens or pencils.
- Ask participants to complete the Learning Style Inventory Questions, answering honestly.
- When participants finish, have them count the total number of A's, B's, C's, and D's.
- Review the descriptions of each learning style together, using Appendix B: Learning Style Inventory Key.
- If time allows, have participants pair up with someone who has a different learning style. Teach each other a simple task, like folding a paper airplane, and try to match your partner's learning style to make it easier for them to understand.



REFLECTION QUESTIONS:

- Do you think your inventory score reflects the way you learn? Give examples of why or why not.
- Look at the inventory questions. How are the A, B, C, and D questions similar? Do you notice any overlaps or differences?
- How did it feel to adjust your teaching style to fit another person's learning style?

APPLICATION DISCUSSION:

- How could knowing about learning styles help you in everyday life?
- Which learning styles do you think are most commonly used in traditional schools? Why?
- How can you make sure everyone benefits from your lesson or speech, even if they learn differently?
- Do you think your learning style might change over time? How might different styles be more effective for certain subjects?



CONCLUSION:

By understanding learning styles, you gain a powerful tool to connect with others in ways that truly make sense to them. Knowing how someone learns best helps you adapt what you say and show so that it really clicks. This awareness can make a big difference in school, work, and everyday life. With this knowledge, you can help create a space where everyone feels confident, supported, and ready to learn.

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REFERENCES

- Using Different Learning Styles in Homeschooling: <https://www.time4learning.com/learning-styles/>
- What kind of learner are you? - The 4 different learning styles <https://youtu.be/qcCtPgziGTs> (7:43 minutes)
- What Learning Style Are You? And Why It Doesn't Matter! <https://youtu.be/eolr59LNUyE> (6:49 minutes)



APPENDIX A:

LEARNING STYLE INVENTORY

1 I remember most clearly things I have...

- A: seen in person or in a video.
- B: heard someone say.
- C: done or tried myself.
- D: read or written down.

2 When studying alone, I like to...

- A: read in a quiet corner or look at visuals.
- B: listen to music or study with background noise.
- C: move around while studying.
- D: read, highlight, and summarize notes.

3 When deciding what to order at a restaurant, I usually...

- A: look at photos of the food.
- B: ask someone what they think is good.
- C: walk around and see what others are eating.
- D: read through the menu descriptions carefully.

4 When I have to make a tough decision, I...

- A: make a pros and cons list to visualize it.
- B: listen to the advice of my friends.
- C: go for a walk to think it through.
- D: research my options or read reviews.

5 When listening to music, I would be more likely to...

- A: picture myself on stage.
- B: sing my own lyrics or add a drum beat.
- C: tap my foot or move to the beat.
- D: read the lyrics as I listen.

6 If I needed help fixing something, I would...

- A: watch a tutorial video online.
- B: ask someone for advice.
- C: try to figure it out by experimenting.
- D: read the instructions or user manual.

7 When I tell a story, I tend to...

- A: describe how things looked.
- B: focus on what people said.
- C: explain what I did or how it felt.
- D: give detailed explanations.

8 When I'm hanging out at a restaurant, I'm most distracted by...

- A: the artwork or decorations on the walls.
- B: the noise level or background music.
- C: uncomfortable chairs or tables.
- D: a picture-only menu with no descriptions.

9 Things I remember most are...

- A: faces and visual details.
- B: people's names.
- C: what I did or experienced.
- D: specific words that people wrote or said.

10 When I'm in an argument, I get most frustrated by...

- A: the other person's body language.
- B: their tone of voice.
- C: not being able to express my point.
- D: them not understanding what I'm saying.

APPENDIX B:

LEARNING STYLE INVENTORY KEY



If you marked mostly A's, you're likely a **visual learner**. You may have a strong sense of direction and often picture things in your mind. You learn best through seeing, so tools like images, diagrams, or writing on a whiteboard can help you understand information more easily. You may enjoy drawing or doodling.

If you marked mostly B's on the inventory, you're likely an **auditory learner**. Sound, music, and rhythm are your strengths. Auditory learners are often strong listeners. Auditory learners often love music, singing, and are quick to recognize different sounds and tones. Auditory learners understand best through hearing, so lectures and spoken instructions often work well for you.



If you marked mostly C's, you're likely a **kinesthetic (physical) learner**. You learn by doing, using your hands, and moving your body. Kinesthetic learners often prefer hands-on activities like building, sports, tinkering, experimenting, or creative projects. You understand best when you can actively participate and experience things for yourself.

If you marked mostly D's, you're likely a **read/write learner**. Words and language are your strong suits. You might love reading books, writing stories, and expressing yourself with words. You may excel in activities that involve words, like debating or journaling. Written instructions and notes are especially effective for you.



Most people use a mix of learning styles, so try different methods to see what works best for you!