

# Exploring Leadership

## SOCIAL AWARENESS: LEARNING STYLES

Depending on the source, there are between 3 and 7 learning styles. The most recent research indicates four basic ones: visual, auditory, kinesthetic, and read/write. It is important for young people to understand how they learn best so they will know what to do to improve their own learning as they grow up.

### CONVERSATION STARTER:

Have you ever been in a classroom where you felt completely lost? Or maybe you couldn't understand what and how you were supposed to be learning? It probably had something to do with the fact that the class was designed for a learning style that was different from your own.

Every individual processes new information differently. There are four basic learning styles: Visual, Auditory, Kinesthetic, and Read/Write. By knowing what these mean, you will not only be able to improve your own learning (and grades) but also make sure that when you communicate with others, you do so in the most effective way. Everyone learns differently, and it pays to know about those differences.

### KEY OBJECTIVES:

- Define and identify examples of the four basic learning styles.
- Discover their own learning styles by taking an inventory.

### WHAT YOU'LL NEED:

- Copies of the Learning Style Inventory (Appendix).
- Pens/Pencils

## EXPLORATION ACTIVITY:

### FACILITATION TIPS:

- Adapt the teaching part of the activity to the audience as needed.

- Complete the Learning Style Inventory and tally your total A's, B's, C's, & D's.
- Read the descriptions of the learning styles.
- Pair up with someone who has a different learning style. Teach them to do something simple (like fold a paper airplane) in a way that appeals to their learning style.



## REFLECTION QUESTIONS:

- Look at the inventory questions. How are all the *A* questions similar? *B* questions? *C* questions? *D* questions? Are there discrepancies or crossovers?
- Do you agree with your inventory score? Give examples of why or why not.
- How did you adjust to teach something to a person with a different learning style?

## APPLICATION DISCUSSION:

- Give examples of how an awareness of learning styles will come in handy in real life.
- How can you guarantee that your audience will get the most out of your speeches and lessons if they all have different learning styles?
- What learning styles are the ones that traditional education best accommodates? Why?

Superficial	Fact
Thought	Feeling

## CONCLUSION:

By understanding the learning styles, you are better able to meet the needs of those you lead, teach, and communicate with.

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## REFERENCES

- <https://www.time4learning.com/learning-styles/>
- <https://youtu.be/qcCtPgZlGTs>
- <https://youtu.be/eolr59LNuYE>



# APPENDIX: LEARNING STYLE INVENTORY

1. I remember most clearly what I have...	
A. seen.	C. done.
B. said.	D. read or written.
2. When studying alone, I like to...	
A. read in a quiet corner of the library.	C. read while running on the treadmill.
B. listen to my iPod while studying.	D. take notes on the main ideas.
3. When ordering food in a restaurant, I will...	
A. glance around to see what other people have chosen.	C. walk around the restaurant and "get a whiff" of what other people have ordered.
B. ask the waiter what he recommends.	D. read the menu.
4. When I have to make a tough decision, I...	
A. make a list of pros and cons.	C. go for a walk to clear my head.
B. listen to the advice of my friends.	D. read Internet articles for advice.
5. When listening to music, I would be more likely to...	
A. imagine myself on stage.	C. dance or tap my foot.
B. sing my own ad-libs or add an additional drum beat.	D. follow along with the written lyrics so I understand all the words.
6. If I needed help repairing a handle on my sink, I would...	
A. do research online.	C. take the handle apart to figure it out.
B. ask others for advice.	D. read a plumber's manual.
7. In a restaurant, I will be most distracted by...	
A. the graffiti on the chairs.	C. a wobbly table.
B. the loud music.	D. a menu that only has pictures.
8. When I share an exciting story with friends, I am most likely to...	
A. jump from one point to another and then to another and another.	C. hit the highlights and figure they will ask questions if they want to know more.
B. start from the beginning and give a clear account to the end.	D. read it from my journal or send an e-mail.
9. I remember...	
A. faces.	C. what I was doing when I met the person.
B. names.	D. the first text message they sent to me.
10. When arguing with someone, I get annoyed most with...	
A. body language.	C. elevated emotion.
B. tone of voice.	D. the meaning of the things that are said.



## APPENDIX: LEARNING STYLE INVENTORY

If you marked mostly A's, you are a **visual learner**. Visual learners prefer learning by observing things. Using pictures, images, diagrams, whiteboards and other visual aids will help these types of learners better understand whatever information you want to share. These students can easily visualize information, have a good sense of direction, and often like to draw and doodle.

If you marked mostly B's, you are an **auditory learner**. Sound and music are a strong suit for these types of learners who typically have a good sense of rhythm. Auditory learners are often singers or musicians who are familiar with different instruments and the sounds they make. These students are good listeners who normally learn best through verbal presentations like lectures and speeches.

If you marked mostly C's, you are a **kinesthetic (physical) learner**. Whether it's by using their body or hands, kinesthetic learners are all about experiencing things through the senses, especially touch. Physical activities and sports play a big part in these student's lives. Getting hands-on is a must for these learners who love to tinker. They learn best when they can do rather than just see or hear.

If you marked mostly D's, you are a **read/write learner**. Sometimes called linguistic or verbal learners, these students prefer using words, both in speech and writing. They can easily express themselves and usually love to read and write. Verbal learners tend to have a vast vocabulary and excel in activities that involve speaking, debating, and journalism.

***Most people are a combination of different learning styles.***