

Astronomy 100

Learning Styles

Do you know what a learning style is?

Do you know what your dominant learning style is?

Learning styles are the way, or ways, in which we each best intake and process information. Educational researchers have categorized four main styles. Some people, around 60%, have multiple learning styles. Once you know your learning style(s), you can use that information to develop best strategies for yourself. This means that you will be more efficient and less stressed as you:

- 1) Intake new information.
- 2) Assimilate that information.
- 3) Output that information for assignments and exams.

Here is a very good websites for you to explore. It has diagnostic questionnaires of about 16 questions to help you discover your learning styles and strategies for you to get the most out of your learning experience.

VARK website:

<http://www.vark-learn.com/english/index.asp>

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Assignment

- 1) Fill out the questionnaires to discover your learning style(s)
- 2) Explore the sites to discover strategies for “exploiting” your learning style(s).
- 3) Write up a short paper describing what are your learning style or styles and at least three strategies that you plan on using.