

LEARNING SKILLS

MY LEARNING STYLE

To help you understand your own best learning style and make the most of your efforts complete the exercise below.

Tick the box that would **best** describe what you would do when faced with the tasks. The column with the most ticks will be your preferred learning style.

TASK	VISUAL	AUDITORY	KINESTHETIC
When talking about an issue in class.	<input type="checkbox"/> Imagine pictures. <input type="checkbox"/> Look for mental patterns. <input type="checkbox"/> Don't like too much listening and talking.	<input type="checkbox"/> Listen closely to what is said. <input type="checkbox"/> Think about your opinion on it. <input type="checkbox"/> Keen to talk about it.	<input type="checkbox"/> Look at others body language. <input type="checkbox"/> Want to end talking and start doing. <input type="checkbox"/> Like playing roles.
When beginning an assignment or project.	<input type="checkbox"/> Draw a flowchart of things to be done. <input type="checkbox"/> Draw mindmaps to make connections. <input type="checkbox"/> Use colours and different fonts.	<input type="checkbox"/> Want it explained clearly to you. <input type="checkbox"/> Ask questions to make sure you understand. <input type="checkbox"/> Brainstorm what you know in lists.	<input type="checkbox"/> Start immediately. <input type="checkbox"/> Plan as you go, Make changes to what you have done on the way.
When having problems with a computer.	<input type="checkbox"/> Look at the "Help" menu. <input type="checkbox"/> Watch others do it. <input type="checkbox"/> Open more screens to work out your problems.	<input type="checkbox"/> Ask someone else for help. <input type="checkbox"/> Get frustrated because the computer can't talk. <input type="checkbox"/> Read the instruction book.	<input type="checkbox"/> Keep trying to do it. <input type="checkbox"/> Not read the instructions fully. <input type="checkbox"/> Give up and not use the computer.
When meeting other people.	<input type="checkbox"/> Have trouble remembering names. <input type="checkbox"/> Remember their faces. <input type="checkbox"/> Remember and picture where you last met.	<input type="checkbox"/> Remember their names. <input type="checkbox"/> Remember things about them. <input type="checkbox"/> Not so much remember their faces.	<input type="checkbox"/> Remember what you did when you last met. <input type="checkbox"/> Think about what you can do this time. <input type="checkbox"/> Think about good places to go.
MY INDIVIDUAL LEARNING STYLE IS _____			

EMOTIONAL INTELLIGENCE: KNOWING MYSELF

Being able to get on well with other people relies on

- building your Emotional Intelligence
- know yourself really well

On each of the parts below rank yourself using

A - very good **B** - good
C - acceptable **D** - needs attention

You will then know both your strengths and areas for development.

		RATING
SELF AWARENESS	- How well do I know how my feelings effect my opinions and attitudes?	_____
	- How confident am I sharing my ideas with others?	_____
SELF CONTROL	- How well do I control my impatience?	_____
	- How well do I cope with things that don't go right?	_____
SELF MOTIVATION	- How good do I feel about my achievements and what I do on a daily basis?	_____
	- How willing am I to accept new ideas and approaches?	_____
EMPATHY	- How well do I understand and sense the feelings of others?	_____
	- How well do I understand how to help others bring out their best?	_____
MANAGING RELATIONSHIPS	- How well do I contribute to a team feeling of getting things done?	_____
	- How well do I wish to understand the views of others when resolving problems?	_____

Knowing yourself better will help you

- be happier with your life
- get what you want out of school and life.

"The whole purpose of education is to turn mirrors into windows." S.J. Harris.