

Getting to know Me

How I learn best



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*In this module we will look at how to work with learners to identify and understand **preferred learning styles** and then how this links with the principles of the **David Test's model** in **empowering your learners***



David Test Self-Advocacy Model



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nstac
Steps to Self-Advocacy
David Test et al



Learning Styles



Audio



Visual



Kinaesthetic



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We will now complete three small activities – use the QR codes to access the set materials

How does my brain work?

read



complete



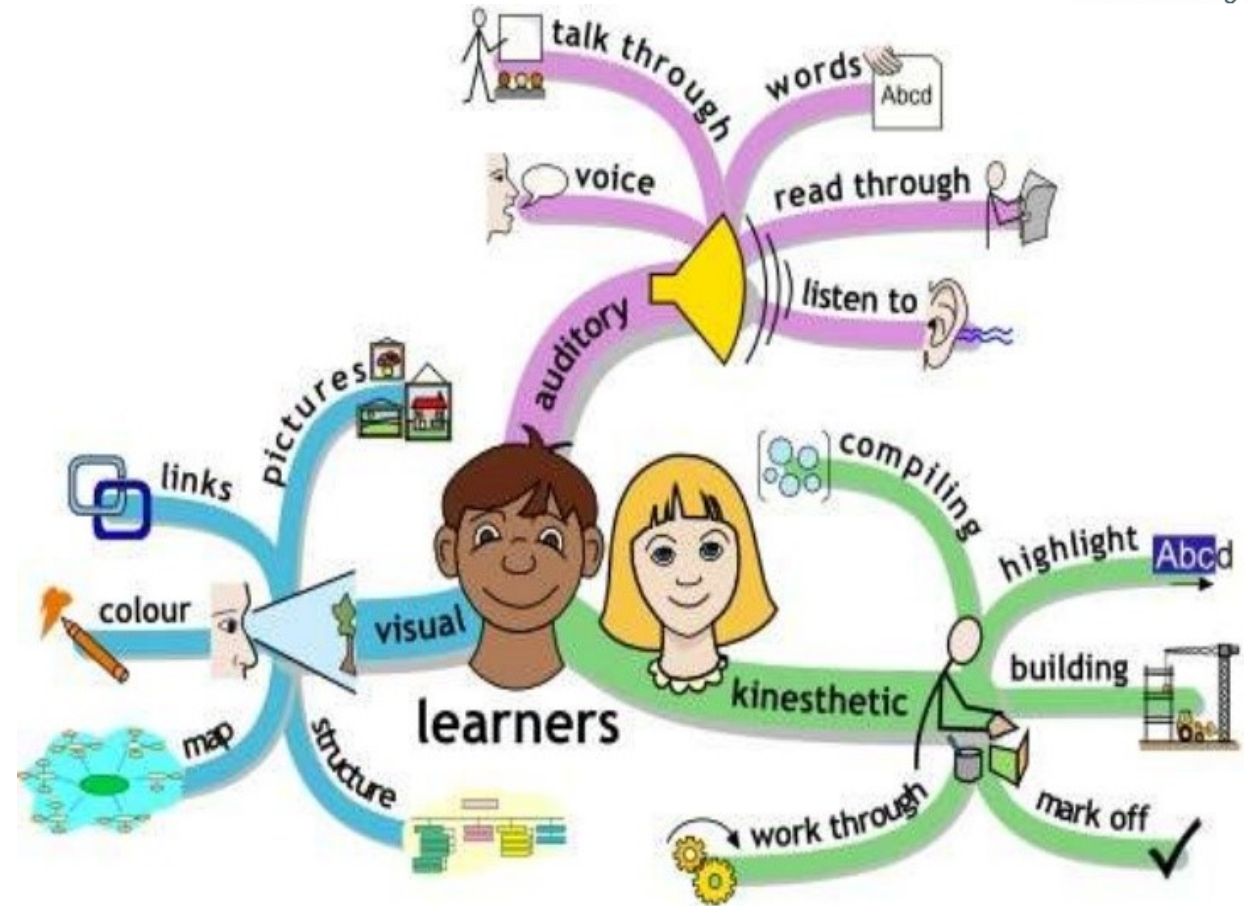
watch





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- **Visual learners** need to see information. If your preferred style is visual, you have strong visualization skills and can remember objects, shapes, and pictures. You learn by reading, and by watching films, videos, and demonstrations. You can see pictures in your mind.
- **Auditory learners** need to hear information. If your preferred style is auditory, you have a “good ear” and can hear differences in tones and rhythm. Reading out loud will be beneficial. You can remember what you hear in a lecture.
- **Kinesthetic learners** need to be physically active and doing things. If your preferred style is kinesthetic, you are a hands-on learner. You have good coordination and learn by doing. You generally have an active approach to learning.



Learning Style Questionnaire -

Discussions



- *How do we identify our learning style?*
- How could knowing your learning style be of benefit to you, personally?
- How does this link with 'Knowledge of Self' and what else we have learnt about our learners?
- How does this link to the previous session and the PCP tools and knowledge we have gained so far?

