

Healthcare Support Worker Learning Event
Make Learning Work For You

28 February 2019

Workshop Presentation Notes:
How Do You Like To Learn?

Slide 2

After this session, learners will be aware of the learning outcomes described.

Slide 3

Good to know how to optimise learning. Understanding more about how you learn, your typical style of learning, will help the learner optimise the learning experience. Helps make it more enjoyable for the learner. If learners enjoy learning, they will want to experience further learning opportunities. Knowledge is a powerful thing!

Slide 4

Making connections between prior knowledge and new knowledge helps the brain and memory in particular. Always start learning with the question “What do I already know?”

Slide 5

Buzz ‘**What do I already know about learning styles?**’

In groups, please discuss the following and jot down shared ideas.

Slide 6

VARK Questionnaire in reference list at the end. Test yourself! You might be a mixture of two types, and it may depend on the complexity of the learning.

Slide 7

Link to learning cycle shown in following slide for the theory. Good to use the full cycle to help learning process.

Slide 8

Theory: Kolb’s Cycle of Experiential Learning (1984). It is possible to enter the cycle at any stage and follow it through its logical sequence.

However, effective learning only occurs when a learner is able to execute all four stages of the model. Therefore, no one stage of the cycle is effective as a learning procedure on its own.

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Activists learn best by being creatively involved, like to immerse themselves in new experiences and enjoy being thrown in at the deep end, learn by doing rather than reading or listening, open-minded, receptive to stimulations, case studies, role modelling.

Theorists like to consider problems, strive to understand concepts and integrate them into their thinking, learn through logic and facts via lectures and reading, seeking to understand the **theory** behind and reason for what they observe.

Reflectors learn best by standing back, observing and reflecting upon what they see and experience, reflective writing and journals are likely to help, learn best by watching, thinking and talking things through rather than participating.

Pragmatists Like to try out new ideas and engage in problem solving, learn by applying things to practice, testing and experimenting to see if they work, are receptive to role modelling and like to 'get things done'.

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Where do you see yourself naturally in relation to learning something new? Link to learning cycle shown in next slide.

Slide 11

e.g. An activist learning style if not using the full cycle:

- You may be providing plenty of new experiences but failing to reflect and conclude from them
- To become a more effective learner you should engage with each stage of the learning cycle

Slide 12

Opportunity for some group work: Please share what has been discussed earlier, and think about how to enhance learning experiences based on learning style. Reflect back on what was already known and what is new.

Slide 13

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Slide 15

Links here to do the VARK and Honey & Mumford questionnaires to examine your own learning styles in more depth.

VARK <http://vark-learn.com/the-vark-questionnaire/>

Honey & Mumford <http://resources.eln.io/honey-mumford-learner-types-1986-questionnaire-online/>