

How do you like to learn?



By the end of the workshop

I hope you will:

- Be able to describe types of learning styles
- Be aware of the cycle of learning
- Understand importance of prior knowledge as the building blocks to new knowledge.

Why is your learning style important?

- You become a more effective learner
- You enjoy learning more
- If you enjoy it more, you want to learn more
 - Increasing your knowledge will increase your self-esteem and confidence
 - Feel more useful and able to influence things.

Importance of Prior Knowledge

- Building on learning is a great way to learn:
 - Making connections between what you already know and new information is good for the brain (Bellana et al. 2019)!



- Start with **‘What do I already know about learning styles?’**

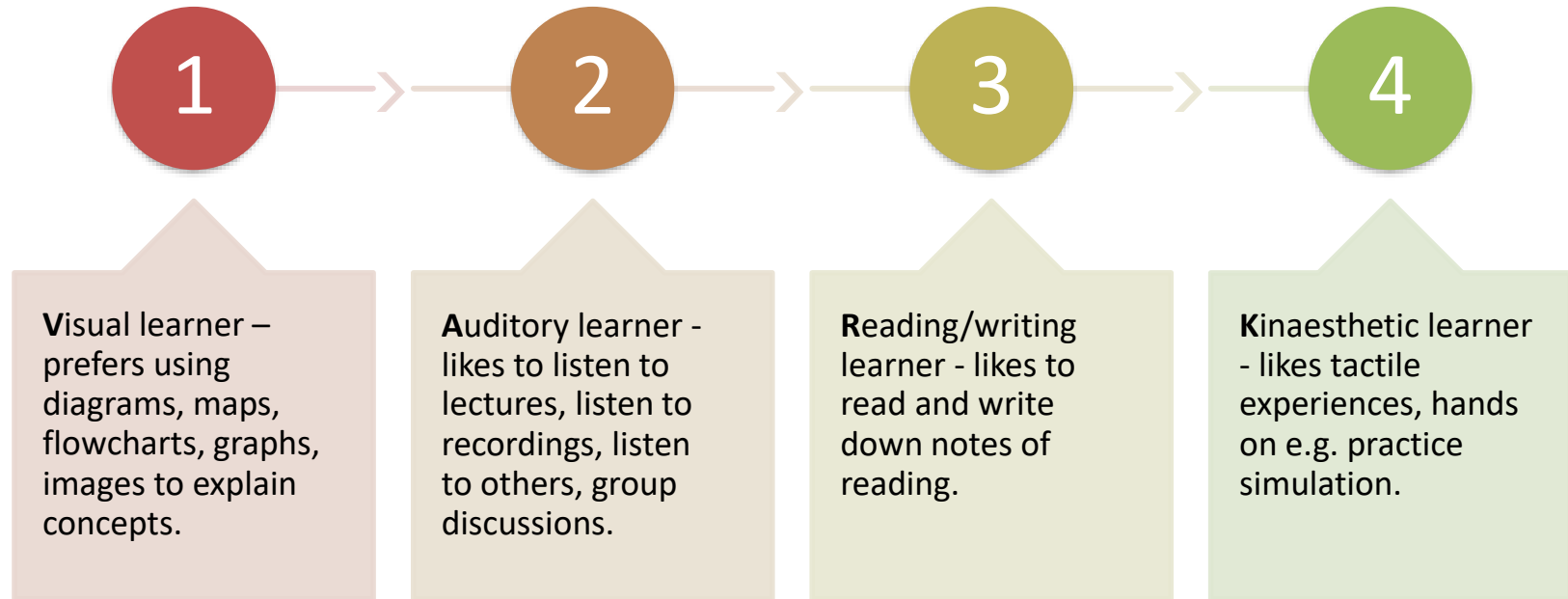


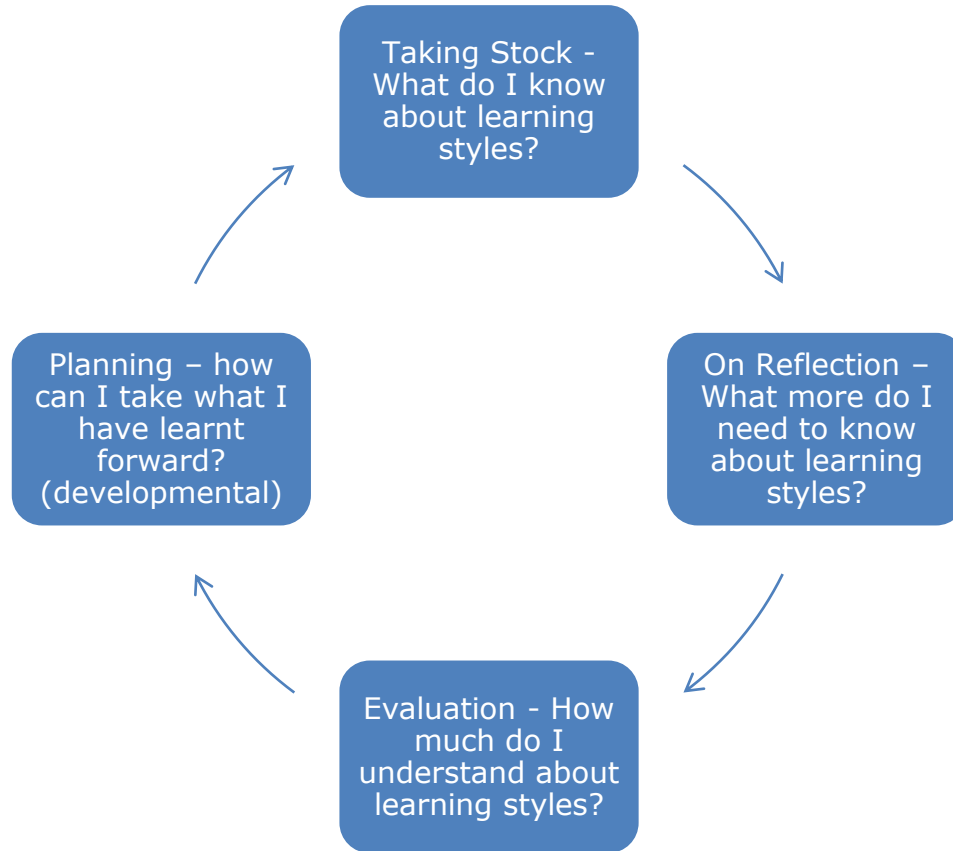
What do I
know about
learning
styles?

What helps
me learn?



How do you like to learn? VARK Questionnaire





Four Learning
Styles
(Honey &
Mumford
1986)



So if you were going to learn to ride a horse would you:

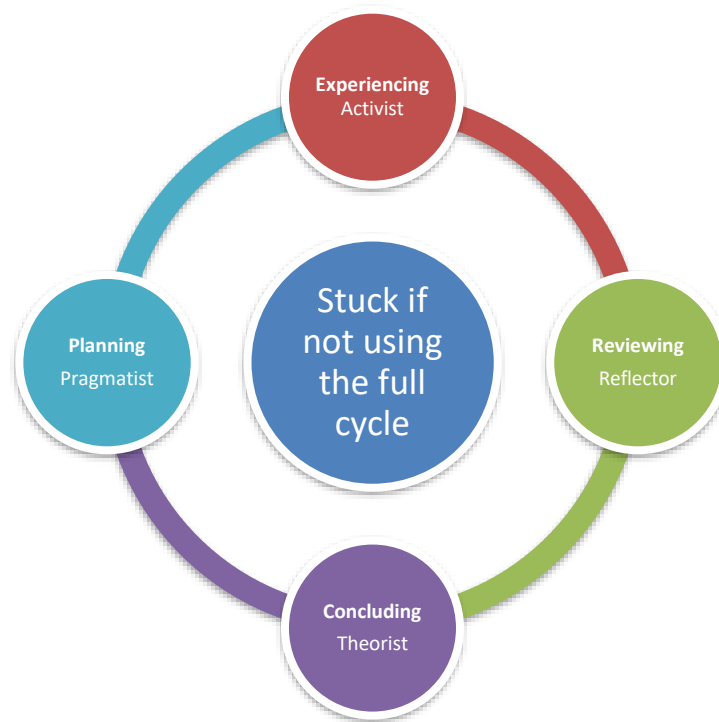
Activist - like to get stuck in, jump straight on?

Theorist - like to understand how it all works first?

Reflector - like to watch, think, talk things through, watch someone else riding and reflect?

Pragmatist - make a plan to solve the problem in a practical way e.g. use a simulator or role model?

Learning cycle and style: Using the full cycle



In groups please share:

- Think about your preferred learning style/s & cycle of learning
 - If you were to learn something new, what might you want to consider?
 - What will enhance your learning experience based on your learning style?
- Reflect back on your previous group work
 - What did you already know and what is new knowledge?

Revisit learning outcomes.

- Be able to describe types of learning styles
- Be able to discuss the cycle of learning
- Understand importance of prior knowledge as the building blocks to new knowledge.

Contact us



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References and links to Learning Style Questionnaires

BELLANA, B., MANSOUR, R., LADYKA-WOJCIK, N., GRADY, C., & MOSCOVITCH, M. 2019. January 1. Prior knowledge facilitates recollection and the formation of durable memories. Available online: <https://doi.org/10.31234/osf.io/wqa5y> last accessed 21/1/19.

HONEY, P. & MUMFORD, A. 1986. *The Manual of Learning Styles*, Peter Honey Associates.

HONEY, P. & MUMFORD, 1986. A. Learner Type Quiz Available online: <http://resources.eln.io/honey-mumford-learner-types-1986-questionnaire-online/> last accessed 17/1/19.

KOLB, D.A. 1984. *Experiential learning: Experience as the source of learning and development* (Vol. 1). Englewood Cliffs, NJ: Prentice-Hall.

VARX LEARN LTD. 2019. VARX Questionnaire. Available online: <http://vark-learn.com/the-vark-questionnaire/> last accessed 23/1/19.

This resource may be made available, in full or summary form, in alternative formats and community languages.
Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how
we can best meet your requirements.



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