


Learning Styles Checklist


Get your training program rolling by helping participants think about what kind of learners they are, with the Learning Styles Checklist, below. When learners have identified their dominant learning style, walk through the “Connectivity” diagram on the following page to help them understand their own best way to engage with the information you are going to be introducing in the program.

Act:
Apply
Extrapolate
Build



HOW?

Attend:
To context
To motivation levels
To core message




HOW?

Checklist questions to help maximize personal learning


ATTEND	<p>1. Are the mood and environment for the learning appropriate?</p> <p>2. Are the methodology and structure of the learning best for purpose?</p> <p>3. Am I sufficiently motivated to want to learn? (If not, why?)</p> <p>4. What are the learning-delivery styles that work best for me?</p>	
RELATE	<p>5. Am I a Dependant, Collaborative or an Independent Learner?</p> <p>6. What type of questions help me to learn the most (why, what, how, or what-if questions)?</p>	
TRANSLATE	<p>7. Do I tend to be left-brain biased (more interested in learning structure, order and logic)?</p> <p>8. Do I tend to be right-brain biased (more interested in visuals, analogies, and physical learning interactions)?</p>	
UNDERSTAND	<p>9. Do I think learning should be presented in broad summary, or in detailed form?</p> <p>10. How do I best synthesize and come to understand learning concepts (by quiet internal reflection, adapting or changing the information, applying or practicing it for real, etc.)?</p>	

Reflect:
Positive
Negative
Re-thinking




HOW?

Translate:
Language
Style
Delivery




HOW?

Understand:
Core information
Wider applications
When to apply



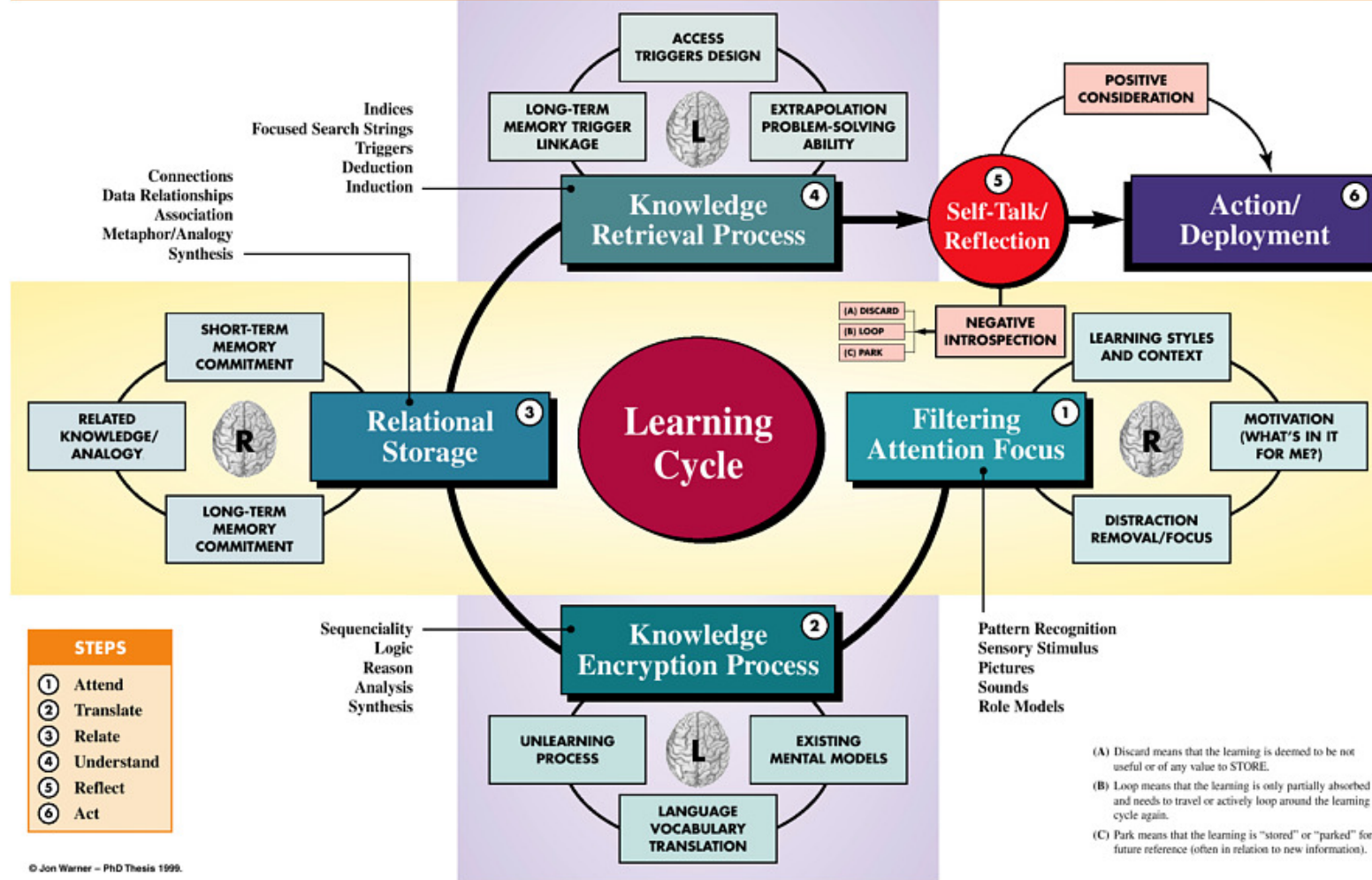
HOW?

Relate:
To existing knowledge
To analogies
To linked concepts



HOW?

THE EFFECTIVE LEARNING CYCLE – CONNECTIVITY



(A) Discard means that the learning is deemed to be not useful or of any value to STORE.
 (B) Loop means that the learning is only partially absorbed and needs to travel or actively loop around the learning cycle again.
 (C) Park means that the learning is "stored" or "parked" for future reference (often in relation to new information).