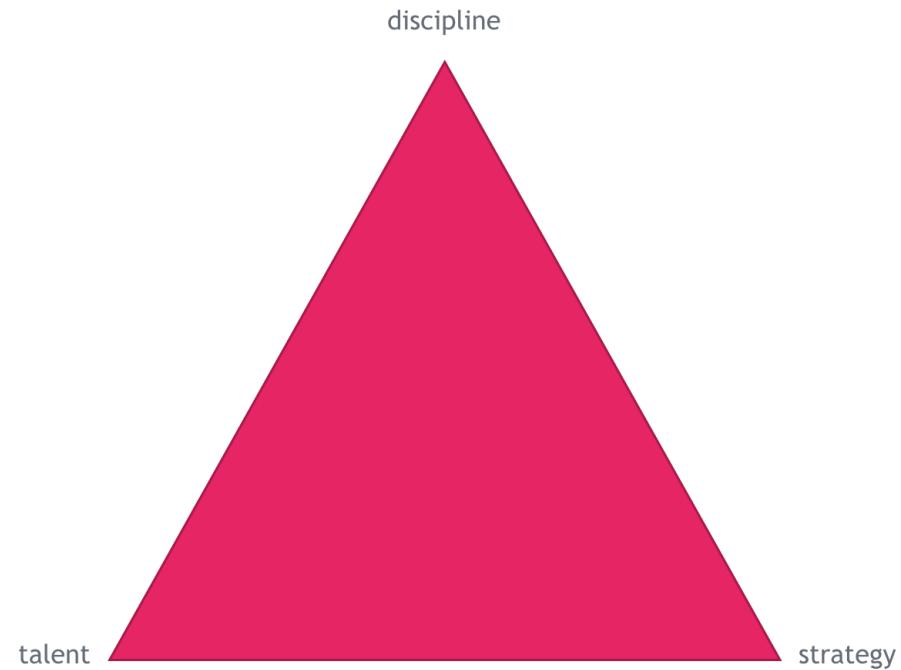


TYPES OF LEARNERS

Study Skills

Mgr. Barbora Hamplová

The triangle of learning



Definition

The triangle of learning

If you study any subject, you want to think in three (or more) dimensions about it - discipline, strategy and talent



TALENT - You might be talented in certain fields.



DISCIPLINE - You need to trust in your discipline



STRATEGY - You need the right learning strategies



TYPES OF ATTENTION

1. SUSTAINED ATTENTION

- When we focus our brain produces Beta waves
- Alerted, we think linear and detailed, great mental stamina

2. DIVIDED ATTENTION

- This involves trying to focus on many different conversations, tasks and activities at the same time, also known as multitasking.
- Although in a common practice, it's rarely effective, as we only have so much energy to devote to each task.
- Related to this is alternating attention. It is similar to multitasking, but involves seamlessly moving from one task to another, instead of dividing your focus.
- Confused, trying to understand



TYPES OF ATTENTION

3. SELECTIVE ATTENTION

- being able to focus on a specific task while simultaneously being able to block out any background noise or stimuli.
- This can be a difficult skill to master, depending on your level of sensitivity, but is a valuable tool in being able to function in a noisy world
- E.G.: read a book while there is loud background noise around you. However, it can also refer to not engaging with inner stimuli such as thoughts.



TYPES OF ATTENTION

4. EXECUTIVE ATTENTION

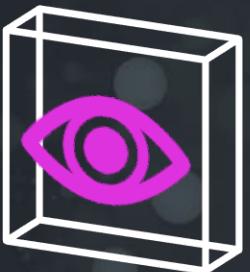
- Executive attention is similar to selective attention, as it involves being able to block out distractions and focus on a specific task.
- However, the difference is that this way of focusing also involves ruthless prioritisation and only focusing on activities that will help to achieve a certain goal.
- E.G.: the managing director of a company can't attend to everything that is going on, but they can block out all the hundreds of emails they receive and devote themselves to completing the critical tasks of the day.



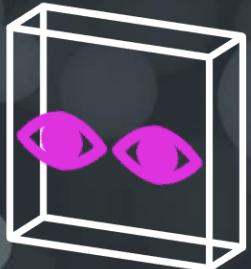
Self-Reflection

- ▶ What type of an attention do you think you mostly have?
- ▶ What plays role in regulating your attention?
- ▶ How can you use your attention to your benefit?

TYPES OF LEARNERS



Visual



Kinesthetic



Auditory



VISUAL LEARNING

- ▶ In the past our eyes were the number one tool to spot an enemy and to learn from our environment
- ▶ Learn by seeing things
- ▶ Visual learners learn best when information is presented to them in the form of written language (**verbal visual learning**) or in picture form (**non-verbal visual learning**).
- ▶ They observe and try to understand how a certain process works.
- ▶ So they can then copy that process and make sure that they can use the process for their own advantage

Visual learners:

- ▶ Maintain an eye contact
- ▶ Visual order
- ▶ Make many notes and (to-do) lists
- ▶ Visible energy in their face
- ▶ Match colors of clothing etc.
- ▶ Use “visual” words like: “See you soon”; “show me”
- ▶ Describe their experiences visually



Try adopting some of the following methods and strategies to improve your studying performance:

Get into the habit of **taking notes** from your classes and reading. If you use note-taking software, bring it to its full potential as regards text styling and formatting.

Develop your own system of **colour coding**: highlight information of a particular kind in a particular colour. Use highlighter pens or coloured pencils.

Write key words and important concepts on **sticky notes**, and put them in places that you regularly set your eyes on.

Prefer studying alone in a quiet room.



- Strategy 01: Pictures, videos, posters, slides, and screen shots are all beneficial
- Strategy 02: Make flashcards of vocabulary and other important information
- Strategy 03: Use the software “Anki”
- Strategy 04: Color code notes with various highlighters/markers/pens
- Strategy 05: Always write out all information (also when given in chart/diagrams form)
- Strategy 06: Use the strategy of “word processing” – copy your notes into your computer
- Strategy 07: Place sticky notes where ever you go in your house
- Strategy 08: Write down all the information when you recall
- Strategy 09: Create for every important information a unique drawing
- Strategy 10: Use the palace method in order to remember things more easily

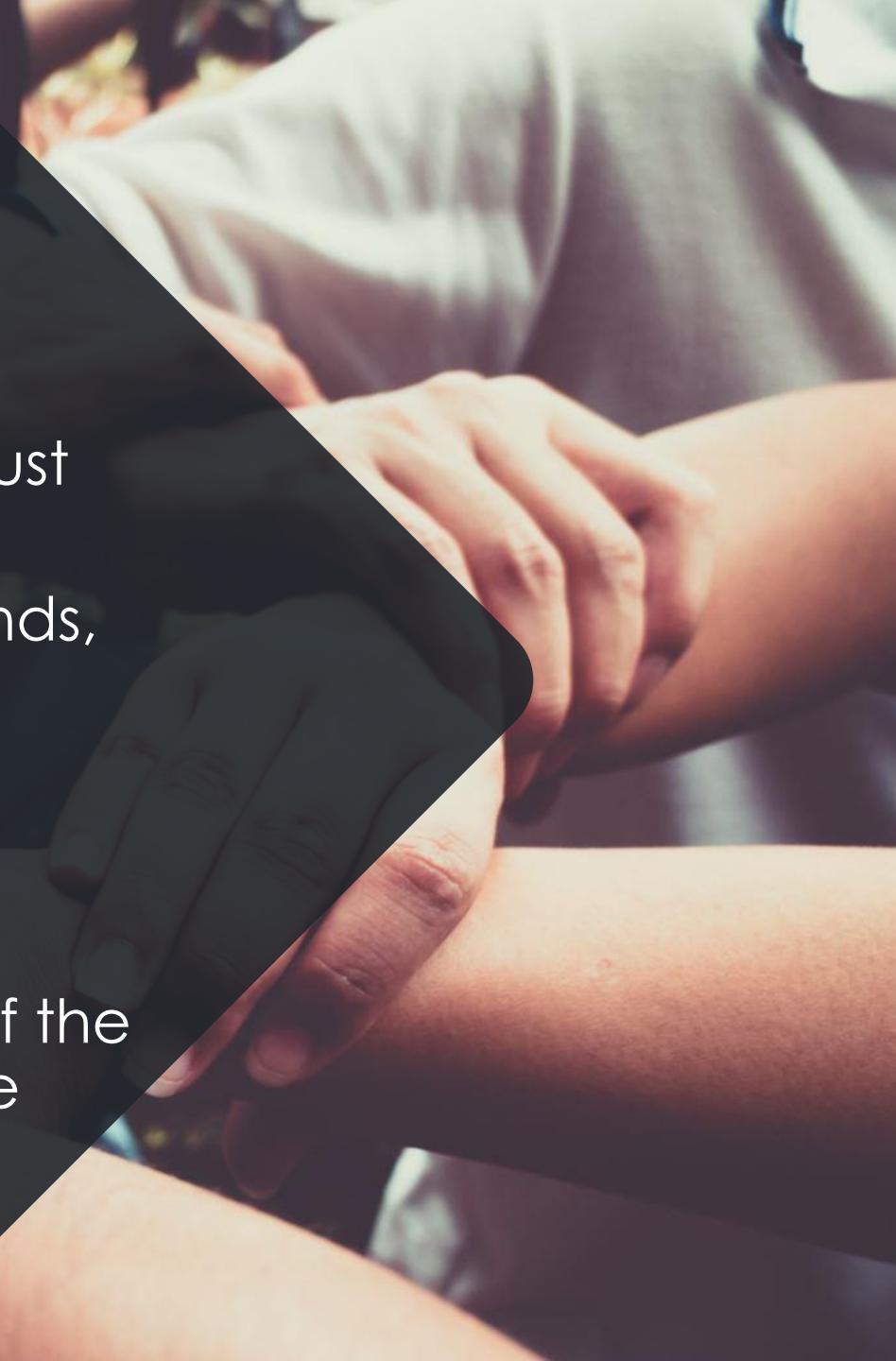


KINESTHETIC LEARNING

- ▶ learn when they see things, when they can touch things with their hands.
- ▶ For e.g.: Cannot remember things that are read in an e-book, need to have a book in my hand.
- ▶ (also referred to as tactile) learners learn best when they are physically engaged in activities; they “learn by doing”

Kinesthetic learners:

- ▶ Better engaged in activities with others than just talk
- ▶ Like physical contact – shakes hand, hold hands, pat on backs, sit close to others
- ▶ Physically well coordinated
- ▶ Use “kinesthetic” expressions: “Let’s do it”; “I manage things well”
- ▶ Need to be engaged in a movement, most of the time do not sit still, need to adjust their posture quite often



Try adopting some of the following methods and strategies to improve your studying performance:



Think about how you could make your learning tangible: use something you can put your hands on, for example cards, pictures, worksheets, grammar reference charts etc.



Do your research in the library, do not borrow books to take home. Take a book from the shelf, do your reading, take notes, and return the book to the shelf.



Take opportunities to do research in the field. Visit museums, writers' homes, locations in which books on your reading list take place, etc.



Use a computer or tablet to reinforce learning through the sense of touch.



Strategy 01: Re-read texts/any kinds of information before you go to class/to a meeting and draw paintings/charts



Strategy 02: Use colored markers and only mark the things you believe are necessary for you to remember



Strategy 03: Never study for longer than 1 hour, keep study times short but action-focused



Strategy 04: Take pictures of important texts or take screen shots or things on your computer



Strategy 05: Pay attention to the first and last paragraph of a text and the picture connected to it



Strategy 06: Try to incorporate multi media as much as possible (video, photos, text etc.)



Strategy 07: Create collections that are connected to the subject of your studies



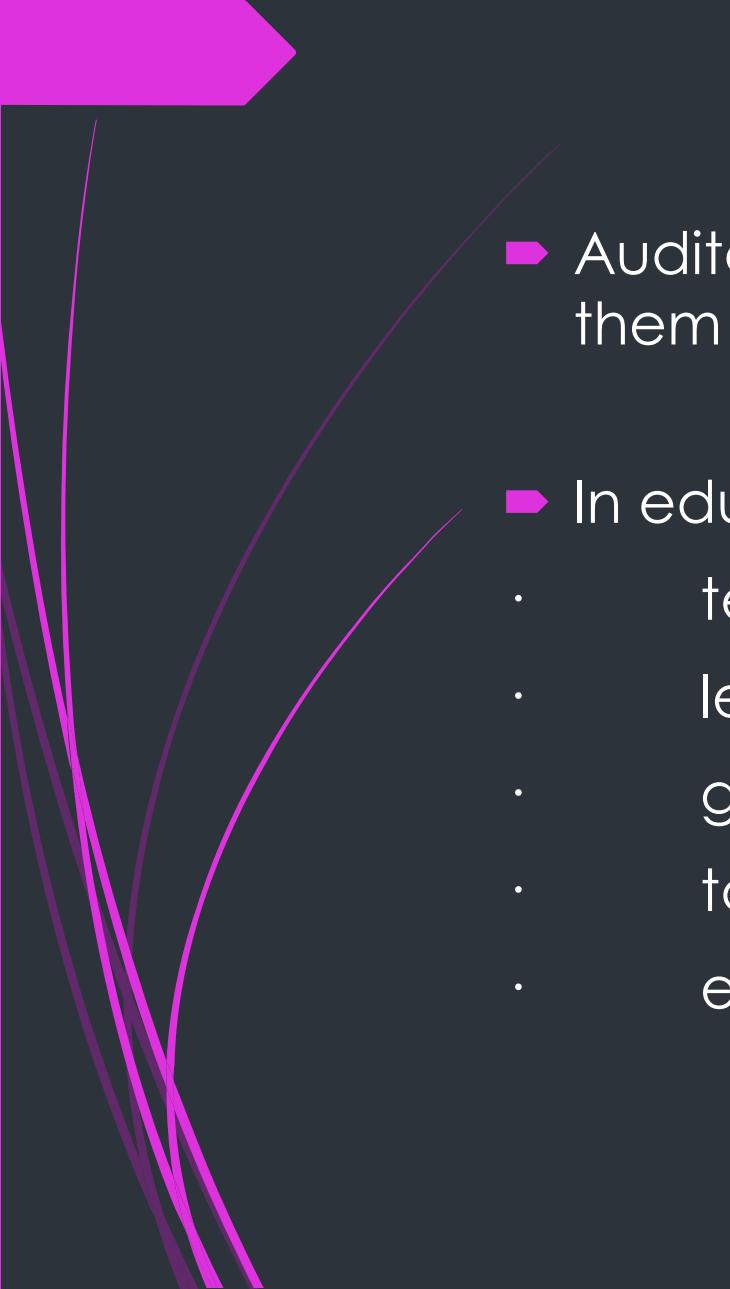
Strategy 08: Create visual reminders (posters with texts, videos etc.)



Strategy 09: Look out for historical sights/exhibits



Strategy 10: Focus on hands-on approaches



AUDITORY LEARNING

- ▶ Auditory learners learn best when information is presented to them in the form **of spoken language**.
- ▶ In educational contexts, auditory learners typically benefit from:
 - teachers who are experienced, impressive speakers;
 - lectures and oral presentations;
 - group discussions;
 - talking to others in order to check understanding;
 - educational radio programmes, podcasts, and audiobooks.

Auditory learners:

- ▶ Talkative with rich vocabulary
- ▶ Like to be accurate
- ▶ Remember words, do not need notes
- ▶ Makes contact verbally
- ▶ Use “auditory” expressions: “Let’s talk soon”



Find a fellow student to regularly discuss class material and prepare for exams together.



When preparing for your seminars and revising for exams, read your textbook and class notes out loud. (That of course means you need to find a room where you won't be bothering anyone.)



Complement traditional reading with listening to audiobooks. Go through your reading list and see which items are available in audiobook form. Download them into your smartphone or MP3 player so that you can make a convenient use of "dead time" when you walk or commute to school.



Try adopting some of the following methods and strategies to improve your studying performance:



Strategy 01: Attend discussions and presentations



Strategy 02: Watch/listen to YouTube tutorials



Strategy 03: Read your summarized notes aloud



Strategy 04: Ask other people to listen to your and judge your understanding of the topic



Strategy 05: Focus on describing meanings, pictures and illustrations/charts/diagrams



Strategy 06: Record yourself explaining a topic and listen & fix it until you are happy with the explanation



Strategy 07: Remember interesting examples and recite them



Strategy 08: Always review information within 24 hours after you first heard them



Strategy 09: Leave spaces in notes and fill them in with your speech



Strategy 10: Summarize key information and explain them to other people



READING AND WRITING LEARNING

- ▶ Learn very well through reading and writing
- ▶ The difference between visual and reading learning is perhaps a bit difficult
- ▶ But we most of the time:
 - learn from our environment as a visual learner
 - read a book as a reading, writing learner



Strategy 01: Always write down extra explanations – for instance for charts, diagrams and for existing text passages



Strategy 02: Focus on reading a text multiple times for multiple purposes



Strategy 03: Read the entire page once and then every passage multiple times



Strategy 04: Use the Z strategy in order to be able to read faster



Strategy 05: Take very detailed notes



Strategy 06: Learn text passages by heart



Strategy 07: Start copying entire text passages to your notebook

Different kinds of learners



Visual learners

#1

PEOPLE THAT LEARN BY
SEEING THINGS.



Auditory learners

#2

PEOPLE THAT LEARN
THROUGH LISTENING



Kinaesthetic learner

#3

PEOPLE THAT LEARN
THROUGH LEARNING BY
DOING



R/W learner

#4

PEOPLE THAT LEARN
THROUGH READING OR
WRITING



Self-reflection

- ▶ What type of a learner do you think you are?
- ▶ What can yo do to improve your study skills based on your type of learning?
- ▶ Do you think your way of studying is effective?
- ▶ Do you procrastinate and why?
- ▶ Do you think you could implement more effective ways of studying?
- ▶ Do you hold yourself back and stay in your comfort zone?



Thanks!