



**Alex Harfields
Prospero**

How You Best Learn and Study

Here you will find an analysis of your personal learning and study styles with practical advice on how you can improve your technique(s) and maximize your success. It will help you to make studying more effective, efficient and enjoyable in order to reach your potential.

Please read the information in this report carefully and mark the suggestions that you think may help you.

When you log in again on the web site below, you can view your report on-line: <http://www.mysteponone.net>.

The report will describe:

- How you receive and process information
- Your learning and study style
- How you interact in an educational setting

If you are interested in reading more about learning and study styles please go to our website and click on Prospero.

www.step1.ac

Your results overview

The table below gives your score in each of the 4 categories analysed. This does not compare you to other students.

Information Processing	Visual	60%
	Tactile-Kineasthetic	40%
	Auditory	0%

		Low	Fair	Average	High	Very High
Study preferences	Interactive-Self					
	Spatial					
	Interactive-Others					
	Enhancing daily life					
	Body Coordination					
	Word-language Reasoning					
	Interactive-Nature					
	Mechanical Reasoning					
	Math-logic Reasoning					
	Music					

		Low	Fair	Average	High	Very High
Personal style	Thinking/creating					
	Producer					
	Discoverer					
	Performer					
	Relating/inspiring					

		Low	Fair	Average	High	Very High
Learning style	Tangible step by step					
	Abstract step by step					
	Tangible random					
	Abstract random					

Information processing

This area looks at the way of how you deal with information that comes your way. This could be through hearing (auditory), through seeing things (visual) or through doing or feeling (tactile-kinaesthetic).



Study preferences

This area considers how you best study. Is it through lectures or reading, analyzing your information or perhaps by using figures? Is it through making things visual, working on your own or together with others? Is it through a physical activity or by listening to music whilst you study?



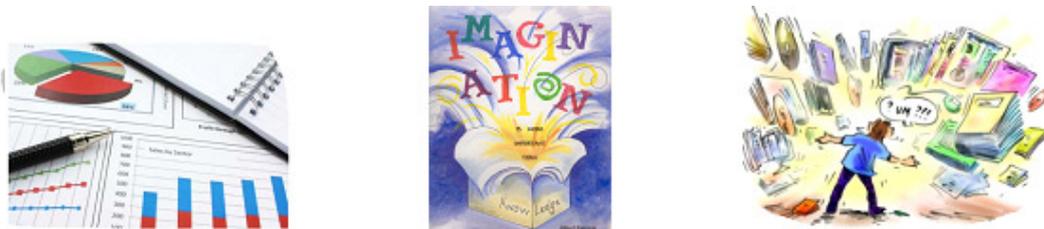
Personal style

This is about how you interact with the world. Are you the kind of person who asks questions or do you like to get things done? Are you more of a social or practical person? Perhaps you are a thinker, coming up with all sorts of new ideas.



Learning style

This section looks at learning styles in respect of whether you like to be taught or prefer to reason things through yourself. When you study, do you want to use hard facts and data or your intuition and imagination? This section will consider whether you can cope with lots of information of different types coming at you at the same time or if you prefer to deal with learning in a more structured manner.



Information Processing

We all deal with information in different ways. Some of us like to listen, (auditory) others prefer reading or watching, (visual) and some want to write or draw when receiving information (tactile-kinaesthetic). Usually students have one or two preferences and it is helpful to know what suits you best. Below we explain how you can use this knowledge. Sometimes there is only little difference between the three. In this case, it means that you are an all-round learner and like to use all 3 approaches.

If you have one or two favoured ways of dealing with information you can take advantage of each of them but you should also ask yourself if it would help you in your studies using the third one too.



Visual



Auditory



Tactile

The following order reflects your preferred information processing method.

Information Processing	Visual	60%
	Tactile-Kinaesthetic	40%
	Auditory	0%

Read your highest personal preference(s) first and judge if the explanation applies to you. Then look at the other definitions as they may also provide you with useful information.

Visual

Your percentage	60%
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If you are a visual learner you generally prefer seeing your information rather than listening or doing something such as writing. You probably like learning by reading or watching demonstrations and videos. You also learn from looking at pictures, illustrations or graphs. Much of what you simply listen to, you may forget. The more you can follow the information in a book or on a white board the better. Sometimes it helps to close your eyes and create images in your head. Look for things that catch your eye on a page such as a spot, italics or bold lines or any type of illustration. Your best memory aids will be those using illustrations, diagrams or graphically formed words.

Therefore when you listen to a lecture it helps you to:

- follow in a book or hand-out
- form pictures in your head
- take notes
- mind map
- underline

Auditory

Your percentage	0%
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If you are an auditory learner you probably prefer to listen to lectures, debates, discussions or audiotapes rather than reading books or doing things such as writing detailed outlines. If you concentrate well in class on what is being said you will remember it. Your concentration might be a little lower when you read a lot of pages.

To take advantage of your preference for listening you can talk to yourself, read or dictate notes onto a recording device. The information is received back through your ears. You can also change what you have to learn into a question and answer game or a presentation, pretending there is an audience. Instead of writing essays straight onto a computer try dictating your thoughts onto a tape machine and type it out afterwards: to help it sink in.

Auditory people have to use a variety of alternatives when they complete their homework. They may drift away when they read. Writing is helpful to maintain concentration. Often the best learners are those who are using all 3 methods.

Therefore when you study by yourself it helps you to:

- talk to yourself
- read out loud
- underline, using markers
- mind map
- act
- repeat the information
- explain what you have read in your own words

Tactile-kinaesthetic

Your percentage	40%
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If you like to be physically involved when dealing with information you are a tactile-kinaesthetic learner. You probably enjoy moving around more than sitting still. Practical activities such as role play, debate, making things or completing experiments suit you better than just listening and reading.

Sitting behind your desk for a long period of time might be hard; you prefer to doodle, fiddle with a pen or balance on two legs of your chair. Walking up and down the room or even outside is a very good way to memorize information. You might want to study sitting on the floor or on your bed with your papers spread around you.

A tactile-kinaesthetic learner studies best when they use activities such as underlining, writing outlines and making summaries.

Therefore when you listen to a lecture it helps you to:

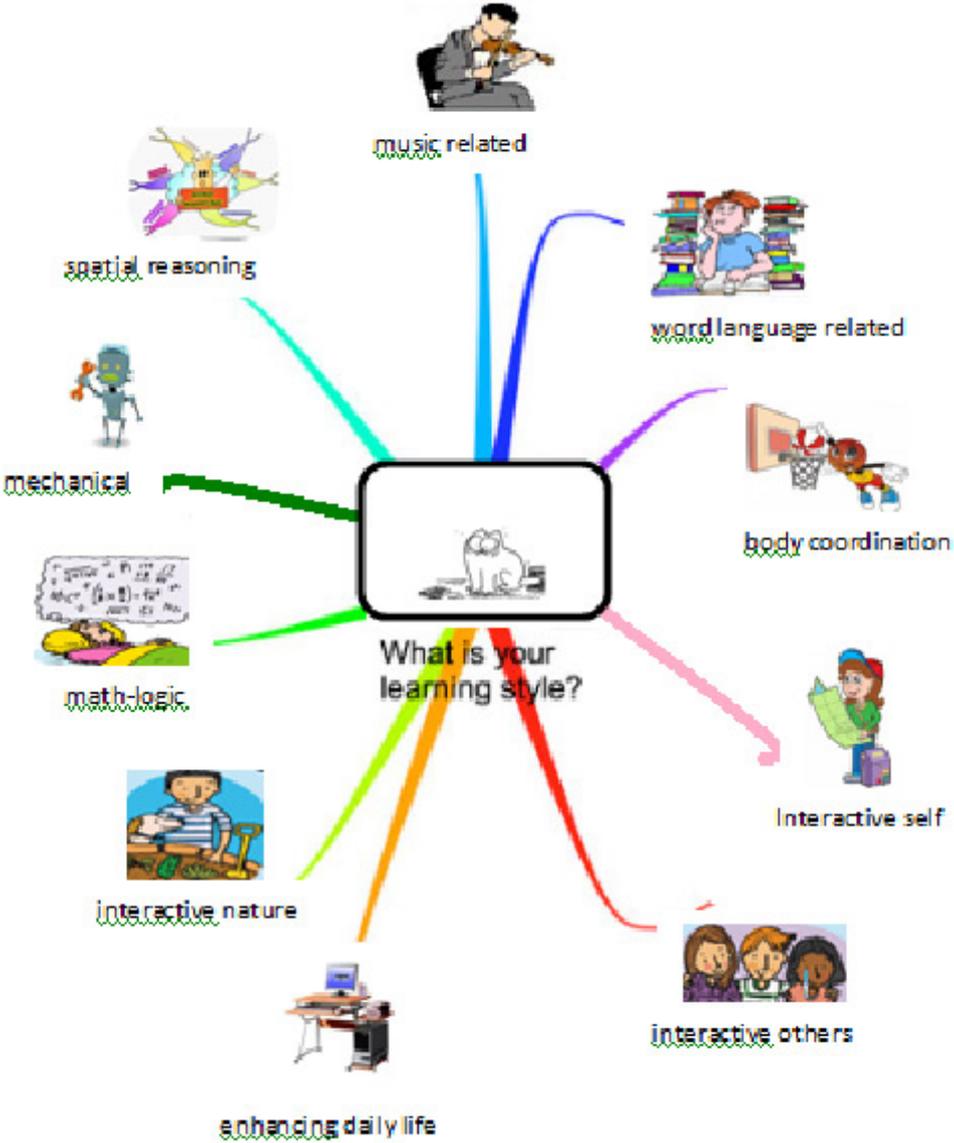
- move or walk(taking the location into consideration)
- talk to yourself
- underline
- mind map
- write summaries
- draw things out
- make flashcards

Study Preferences

Here we look at how you prefer to study. This is important as it might explain how you work in class and at home. When applying your preferred study styles your homework will become easier and more enjoyable. You might even gain higher grades.

Your style here describes how you deal with information that you have to understand and remember. You may already be aware of some suggestions that appear here whilst others may be new to you. Few people have a single preference but rather a combination of styles. You should therefore carefully consider what your profile may be saying about you by looking at the various possible combinations of your top scores.

It may also be important to pay attention to your lowest scores.



You may be distracted by social media such as Facebook or Twitter, it might be better to turn it off when you study. You need to think about whether you depend too much on others and if there is a need to increase your amount of independence. This is particularly relevant for home work and assignments where independent self study is important. When you study for an exam you may find it helpful to sit together with your friend(s) explaining information or testing each other.

Enhancing daily life

Low	Fair	Average	High	Very High
				

These students prefer to create a cosy, inspiring place for themselves. They often wear fashionable clothes, enjoy organised work places and express a desire to add aesthetic value to the ordinary, every day routine.

Ideas for studying: It is important to be organised, especially your desk, to appreciate your own room, to select your dcor and materials carefully in order to make it feel good and to enhance your work by making it look neat. You probably like using computer programs for your projects. You will enjoy projects that involve cooking, designing, creating and other practical aspects that enrich life in general.

Body Coordination

Low	Fair	Average	High	Very High
				

These students can find it difficult to sit still and concentrate in class for a long time. They often play with something on their table, rock their chair or tap their feet on the floor. They enjoy and/or excel at physical activities such as sports, dancing, aerobics and general movement.

Ideas for studying: Preferably try to take regular breaks to maintain your concentration. Maybe study on the floor (in an up right position) rather than behind a desk. You probably memorise better when you move for example by walking up and down your room, by throwing a ball when you have to learn something by heart, or clapping your hands. You can listen to a tape with information that you have to learn while you are walking. You may prefer to write when you study; for instance you can make notes, outlines, schemes etc. It is most likely that students with a high score in this field will enjoy hands-on studying, role play activities and (small) group work - at least as part of their studies - better than sitting and listening to lectures.

Personal styles

This part of the report gives you information about different ways in which students participate in class and how they complete their homework. Suggestions are given to support you with learning, studying and organising your work that matches your personal style and to help you be more successful. Look at the relationship between your scores - everybody has a combination of different scores.



The five personal styles have been listed in your order of preferences. Take note of the variations between scores.

Personal Style	Thinking/creating	Low	Fair	Average	High	Very High
Producer		[Red bar spanning from Low to High]				
Discoverer		[Red bar spanning from Low to Average]				
Performer		[Red bar spanning from Low to Fair]				
Relating/inspiring		[Red bar spanning from Low to Fair]				

Thinking/creating

Low	Fair	Average	High	Very High
[Red bar spanning from Low to High]				

In class

It is very likely that you enjoy subjects and activities that involve creativity, offer beauty and have innovative or philosophical aspects. When are listening many thoughts may cross your mind. You often learn best when learning allows for time alone and involves using your imagination. Therefore you might be a little absent-minded

or daydreaming and not always hear what a teacher is saying. You like to have space to design, to formulate and to organise. You are unlikely to enjoy working under pressure or to respond to answers quickly. One of your strengths might be to think out of the box.

At home

When you have to complete too many different activities at the same time such as projects, essays and homework you might become stressed. This may be because you need time for yourself to think things through and to find a good starting point. If your score in 'Producing' is low or fair you might postpone things and struggle with keeping deadlines. Therefore it is important to work according to a plan. Using a schedule could be a help. Information mapping will probably keep you from becoming confused. Studying will become more understandable when it appeals to your imagination visualising what you are studying with images.

Producer

Low	Fair	Average	High	Very High
				

In class

You like to work hard and be given tasks and exercises by the teacher so that you know what is expected from you. You enjoy a class atmosphere that is consistent, secure and predictable. You probably like workbooks and exercises where you have to underline, fill in the blanks, put something in order, rank and prioritise, list or summarise. You may not enjoy lessons or long discussions about subjects that are rather vague. Overall you should be good at multiple choice and short answers questions in examinations.

At home

It is very likely that you are a hard worker and a responsible student. As long as you are organised and you know what you have to do, you will enjoy studying. Making a schedule and outlines will help you with this. Routine doesn't bother you. You study best when you work individually or with a serious friend. You like to cross off from your list what you have completed so that you create time for other activities. Make sure that you do not rush through your homework. You like to see quick results rather than reading textbooks full of explanations.

If your score in 'thinking/creating' is low or fair you might ignore aspects such as thinking things through or questioning your information.

Discoverer

Low	Fair	Average	High	Very High
				

In class

You may find yourself sometimes bored in class, not paying much attention or putting a lot of effort into your work when you have to deal with routine. You like lessons that provide inspiration and a search for a solution. You want to know the ins and outs of a subject and need to be balanced in the number of questions you ask. You are likely to enjoy laboratory work, making portfolios or debating in order to express your own ideas.

At home

You take pleasure in using your imagination and fantasy and to work things out for yourself. It is important to force yourself to complete what you have started as you are likely to jump from one idea to the next. Therefore it would help if you plan your day and set goals or follow some sort of a schedule. Although you like to work things out for yourself keep in mind that students are expected to interact and to listen to other people's opinions and ideas. Make sure that you think things through before you ask questions.

become frustrated by unfocussed or indecisive people. You are conscious of authority and rank and are usually an efficient and effective task worker with an eye for relevant details.

Some ideas to think about

If tangible step by step is your learning style you will benefit from thinking ahead and trying to see what is coming up in the future e.g. forward planning for examinations or even your next assignments. Keeping an agenda will help you structuring your work. If you experience difficulties following the teacher it will help you to take notes and to compare these later at home with your text book. If you have a high or very high score in this field there is a chance that you are not really flexible. So maybe take time out and to look at things from a different or global perspective. You may overlook details that you find unimportant or too abstract. In order to learn to use your imagination in class you can try to connect what you have to learn to real life situations. Sometimes decisions from others are based on feelings and not on logical thinking. When you are in a group it is important to be tolerant and open-minded to those who do not think or reason like yourself; especially those who are more emotional. Be careful not to react too much to your first impressions. You might have to learn to be able to deal with changes and the unknown, to take risks and sometimes to express your feelings. tangible learners can also cope well with e-learning.

Abstract step by step

Low	Fair	Average	High	Very High
████████████████████				

You can deal with information from which you learn but which is not tangible i.e. you do not necessarily have to see, hear or feel information. You also like to incorporate information that is invisible to your senses and involves philosophical reasoning and intuition as long as it is offered in a chronological way. You combine your knowledge and experience with creative imagination. You may not often enjoy subjects that are all about facts, evidence and proof unless the teaching appeals to your imagination. You need time to think things over in order to reflect on ideas or events. You may want to understand how information has been derived and connected. When different sources of information are not presented in a logical order you may become confused.

Your learning style

If you are an abstract step by step learner you probably enjoy interpreting the information in your text book i.e. you connect what you read or see to things that you have learned or experienced in the past. This helps you to memorise information. You enjoy debating because this allows you to present personal and original arguments. When writing you might find it hard to stick to the topic. You are probably someone who can think out of the box. You do not like to be taught all the time but you would rather explore, analyse, judge and evaluate for yourself. When your teacher provides information in a random way you may become confused. It is best to remember the information or to write it down systematically and think about it later.

Some ideas to think about

Perhaps you are a little argumentative, opinionated or even insensitive if the ideas of others seem rigid and lack creative thinking. You might have a bit of a 039;know it all039; attitude. This will not always be appreciated. When working on a project you need to keep in mind that all additional knowledge or thoughts that you like to implement in your work take time and keeping to deadlines is often a valid requirement. In group projects you are expected to be co-operative and to listen to others. Therefore you need to be flexible and not to argue too much. If your school offers a speech and debating society or newsletter you might enjoy participating in these things . People who have strong opinions can expect to be criticised. Can you deal with this? You like to explore new concepts on your own and to defend your ideas.

Now consider this:

Some key dimensions of the learning environment

Which environmental factors help you with studying?

Sound

- Quiet
- Noise
- Music
- Others talking

Interaction

- On my own
- With others who are quiet
- With others who are talking
- With my pet

Body position

- Sitting at a table or desk
- Being on the floor
- On my bed or couch
- Standing

Lighting

- Bright light
- Low light
- Sunlight
- Natural light
- Makes no difference

Temperature

- I prefer to be hot
- I prefer to be cool
- I prefer the window to be open
- I prefer the window closed
- I like to wear warm clothes
- I prefer light clothing
- It makes no difference

Colour

- I like to be surrounded by colour
- What colour?
- I do not like colour

Time

I find that I am able to study most easily:

- In the morning
- During the day
- In the evening
- At night

What kind of thinker are you and how do you learn new concepts?

- A dynamic thinker, asking "What if?"
- An imaginative thinker, asking "Why?"
- An analytical thinker, asking "What?"
- A common sense thinker, asking "How?"

Structure and support

What works best for you?

Your motivation - can you motivate yourself or is it important for you that the teacher or your parents reward you?

Concentration - Do you have a long or short attention span?

Monitoring - Do you need or do you want to be constantly monitored with your work or do you work better when you learn independently?

This practical approach to learning and thinking preferences fully acknowledges the theoretical work of:

Dunn and Dunn (1978)

Kolb (1984)

Gardner (1983)

Gregorc (1982)

Johnson (2003)

Without which this work would not have been possible.

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