

I am an Effective Learner



Task 1: Describe the best lesson you ever had.

- a) What grade and/or subject were you in?
- b) What was it that you were doing?
- c) What made it memorable or enjoyable?
- d) What did you get out of doing it?
- e) Share this experience with the class/ or in a small group.

Task 2: A reflection on how I learn best. Brainstorm the things that assist you in your learning.

I learn best
when...

Task 3: My Learning Style: Complete the following quiz to discern your preferred learning style.

For each of the statements below, choose a number between 1 and 5 to describe how the statement describes you.

1 – No, this is not like me

3 – This is like me sometimes but not always

4 – This is a lot like me

2 – This is a bit like me

5 – Yes, this is definitely me

Verbal/Linguistic

I can use lots of different words when I speak ☐

I enjoy work that use language and words ☐

I enjoy word games like find-a-words and

Crosswords ☐

I usually remember things exactly as they are said to me ☐

I enjoy discussions and debates ☐

I find it easy to explain things to other people ☐

I enjoy writing for myself as well as for class ☐

I like to read a lot ☐

TOTAL ☐

Visual/Spatial

I am good at deciding which colours look good together ☐

I enjoy jigsaws and maze type puzzles ☐

I understand charts and maps easily ☐

I am good at knowing where I am going and remembering how to get to different places ☐

I like to watch movies ☐

I am observant. I often see things that others miss ☐

I can guess what people are going to do next in sporting games ☐

When I remember things I can see what did happen in my head ☐

TOTAL ☐

Musical

I often sing tunes to myself ☐

Listening to music can change my feelings ☐

I can easily tap to the beat of music ☐

I can pick out different instruments being played when I listen to music ☐

I know when someone isn't playing music properly ☐

I find it easy to take part in music activities ☐

I can remember pieces of music easily ☐

TOTAL ☐

Logical/Mathematical

I work best in a neat and tidy area ☐

I enjoy maths and using numbers ☐

I keep a "things to do" list ☐

I enjoy puzzles that make me think ☐

I like to ask "why" questions ☐

I work best when I use my diary ☐

I understand easily why things happen ☐

I always do things one step at a time ☐

TOTAL ☐

Interpersonal

I know how other people are feeling ☐

I work best when I work with others ☐

I enjoy playing sports in a team more than playing by myself ☐

I can sort out arguments between friends ☐

I enjoy learning about other cultures ☐

I enjoy social events like parties ☐

I enjoy sharing my ideas and feelings with others ☐

TOTAL ☐

Naturalistic

Pollution and rubbish makes me angry ☐

I notice things that are the same and things that are different in nature (trees and flowers) ☐

I really want to care for the environment ☐

I enjoy watching television programs about nature ☐

I participate in "clean-up days" ☐

I like planting and caring for my garden ☐

I enjoy bushwalking, and doing quiet outdoor activities ☐

When I leave school I hope to work with plants or animals ☐

TOTAL ☐

Body/Kinesthetic

I often move, tap or fidget when I am sitting ☐

I enjoy playing active sports ☐

I like to touch things and look at them to see how they feel ☐

I am well co-ordinated ☐

I like working with my hands ☐

I prefer to try activities rather than just watching them ☐

I understand best by doing (touching, moving and interacting) ☐

I like to think through problems while I walk or run ☐

TOTAL ☐

Intrapersonal

I know myself well ☐

I have a few very close friends ☐

I have strong opinions about things in the news ☐

I work best at my own pace ☐

I tend to follow what others are doing ☐

I have a good understanding of how I feel and how I will react to different situations ☐

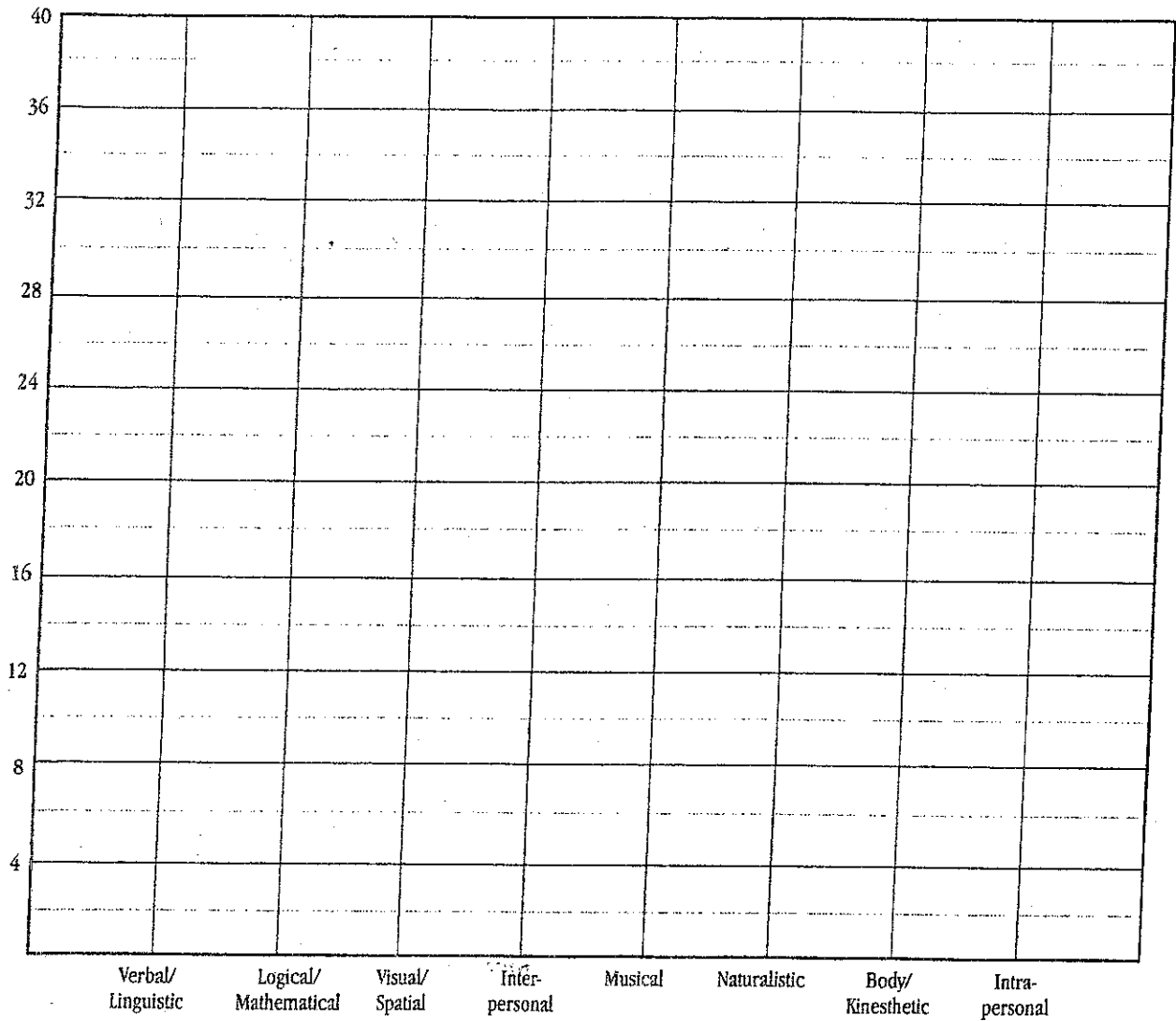
I often ask questions about what is wrong or right ☐

I enjoy working by myself ☐

TOTAL ☐

My preferred learning style is _____

for _____



Gardner's Multiple Intelligences

Howard Gardner, from Harvard Graduate School of Education, introduced the theory of Multiple Intelligences in 1983. He claims that all humans are born with eight different intelligences.

Intelligences	Description	Background
Intrapersonal	Self-smart	This is about self awareness and self reflection Process: This intelligence is highly effective as it focuses on the individual. Eg: What can you do to improve the environment?
Naturalistic	Nature-smart	This involves recognition, appreciation and understanding of the natural world of plants and animals, noticing their characteristics and observing them closely. Process: This intelligence can be developed through exploring nature, making collections of objects, studying them and grouping them.
Spatial	Picture-smart	This intelligence is about everything we see- shapes, patterns, designs, images, colour and texture. It is not limited to the objects that we can physically see, but also images that we visualize in our mind. It is also about the relationship and placement of these objects in space and time. Process: This intelligence can be developed through the use of visual metaphors, graphic arts, observation skills, solving mazes and exercises in imagery.
Verbal/ Linguistic	Word-smart	This intelligence is about working with language. It involves reading, writing and speaking. It is exercised whether one is conversing in one's own language or a foreign language. Process: It may be extended through reading, word/ board games, debating, discussions and computer applications.
Logical	Number/ reasoning- smart	This intelligence is about number skills, recognizing patterns and relationships, timeliness and order, and the ability to solve different kinds of problems through logic. As this intelligence develops it becomes more abstract. Process: This intelligence may be developed through classifying and sequencing activities, playing number and logic games, and solving various puzzles.
Interpersonal	People-smart	This intelligence is about human relationships. It involves communicating with and understanding other people. Process: This form of intelligence can be practiced through group work activities, group projects, role playing and discussions.
Musical/Rhythmic	Music-smart	This intelligence allows for the ability to produce and appreciate rhythm, pitch and timbre, and form an appreciation of the forms of music expression. Process: Music is demonstrated through playing, singing, reading and writing musical patterns, listening, responding, analyzing discussing and dancing, but most of all, it is the act of doing.
Body/ Kinesthetic	Body-smart	This is about learning or expressing oneself through physical activities. It involves physical coordination, using motor skills such as facial expression, posture and body language. Process: This type of learning can be developed through role plays, enactments, frozen frames, dance and constructing materials.