

How do you learn?

Each of the 3 learning styles below has a list of strategies to help you advocate for yourself when someone is teaching you something new and you are having difficulty understanding.

Advocating for yourself is a very important of being a responsible learner. Think of ways to discuss these ideas with your teacher to help you learn.

A- Visual learner	B- Auditory learner	C - Tactile/Kinesthetic learner
<ul style="list-style-type: none"> • Use a general outline of what you are going to learn or pre-read the topic before the lesson • When being given oral directions, ask to see the directions written on the board. • Ask for copies of notes if you have difficulty copying them • Try to use pictures or charts and diagrams as a part of all new learning • Make flashcards to help you study with questions, topics or vocabulary on the front and explanations with pictures on the back. • Access the textbooks on D2L when you are studying. • Use the computer when possible to make graphic organizers or concept maps. • When reading a new novel that is difficult to follow, draw the characters faces and write their names and important information below them • Always write out notes and facts to study to help you remember, then illustrate them • Be sure that your teachers know that you need them to give you more wait time when asking you oral questions in class. 	<ul style="list-style-type: none"> • Study with a partner to talk out loud about the information • When reading new material, read out loud when possible, or whisper the words while you read. • When possible, listen to books on tape and follow along. • Make up songs or poems that you can practice out loud to study • Practice new vocabulary by saying their meanings out loud. • Make flash cards of material being studied to play your own game of Jeopardy. • When possible, work with a partner to read the material out loud and then rephrase the material without looking. • If you need to read test questions out loud, ask your teacher to allow you to read them in a quiet setting when possible • Prepare speeches for assignments that allow you to demonstrate your learning through choices • When encountering problems in math, ask to talk about them to figure out the best way to solve them • Have a parent or friend read your new topic to you in a quiet setting • If instructions are in writing, ask someone to read them out loud to you. • Repeat facts out loud with your eyes closed 	<ul style="list-style-type: none"> • Avoid visual distractions by asking to sit at the front of the class. • Illustrate your notes with images • Use concept maps to rewrite and organize your notes • When studying, break up your time into manageable periods with small breaks in between • Try to role play characters or events • When given choices to represent your learning, make models or maps • Make up games to play with friends that help you remember or understand new information • Use manipulative when possible to learn new math concepts such as cutouts for area, blocks for volume, etc) • Use highlighters of different colours to help organize notes and important ideas • Be sure to advocate for yourself when you feel frustrated by mostly oral directions and lessons from teachers. • When you have to memorize something, walk or pace while reciting to yourself • Use a strategy before reading a new chapter such as predicting what it is about or making up questions you think will be answered • Always have something to fidget with that will not distract others such as a squishy ball • Find a comfortable place to study such as a couch • Make flashcard or board games to help you remember

(adapted from www.phschool.com/eteach by Patricia Vakos, www.school.familyeducation.com by Terry Farwell; www.birghthub.com by Margo Dill)

How are you Smart?

Look at your results from the Multiple intelligence questions. Remember to highlight ideas below that might help you.

IF you scored more than five 1's, then you are Word smart (Verbal/Linguistic)

You learn best by repeating, saying out loud, hearing, and seeing words, but you rely on a variety of different learning techniques. You might learn better from hearing words spoken out loud rather than silent reading. If you read out loud to yourself, you will find remembering easier. It is important when you study to shut out distractions such as computers, music and people talking around you.

Here are some activities that would be helpful for you to choose when are in school, or doing a project or studying.

- Writing a journal.
- Creating a real or imagined correspondence between historical or contemporary characters.
- Composing scripts that depict historical events.
- Writing newspapers of a different time period, complete with then-current events, fashion, entertainment, and feature items.
- Trying to rewrite difficult information in a simpler form
- Interviewing a famous person with knowledge of a topic, or whose accomplishments are admired.
- Planning questions you can ask when a guest speaker is coming to your class.
- Read poetry or write poetry, stories, ideas, or thoughts.
- Create analogies to understand concepts.
- Design web pages or posters.
- Using recording devices.
- Do dramatic readings.

If you scored more than five 2's, then you are Number Smart (Logical/Mathematical)

The subjects most often associated with logical/mathematical intelligence are math and science; however, the skills involved can be applied to almost any content area. These skills include the capacities for inductive and deductive reasoning, understanding and applying abstract concepts, and critical thinking.

If you have a high level of this type of intelligence, probably would like to develop strategies, perform experiments, reason things out, work with numbers, ask questions, and explore patterns and relationships. You learn best by categorizing or classifying new information, and working with abstract patterns. You also work well with symbols and formulas, are able to solve complex problems, logic games, and puzzles, and are good at deciphering codes. You are probably highly methodical and can carefully examine your past experiences when determining what your next move will be. You work well with problem-solving tools such as computers and calculators. Your thought processes are mostly sequential, and you can therefore find your own mistakes when given an explanation. If directions are too open-ended, you like to ask a lot of questions, but you also most likely want to solve problems in your own way. You might could try to ask your teacher if you can complete an assignment in a way that makes more sense to you. Don't be afraid to challenge any concept that does not make sense to you. Always try to connect to your work by think of it as a problem to solve.

Here are some activities that would be helpful for you to choose when are in school, or doing a project or studying.

- Create trivia games that you could play with a family member or friends.
- Make a crossword or other puzzles for classmates to solve. (www.discoverypuzzlemaker.com)
- Construct a time line and fill in the details.
- Write how-to books.
- Investigate authentic problems and develop possible solutions.
- Map a location.
- Diagram procedures.
- Create a "web" organizer or Venn diagram to organize information to present to others. .
- Conduct research and laboratory experiments.
- Categorize facts and information.
- Compose creative analogies.

If you scored more than five 3's, then you are Picture Smart (Visual/Spatial)

You might tend to focus on the visual arts or the use of objects in your learning. You probably have excellent perception of form, shape, depth, color, and texture, and are able to form clear images in your mind. Your intelligence type often has an active imagination. You might find that you are very good at expressing yourself through original drawings, paintings, sculptures, design patterns, and color schemes.

You learn best when visual aids such as overhead projectors, maps, posters, photographs, and videos are used. You may find it difficult to read long passages that are not accompanied by illustrations, to write, or to communicate in general with words.

Here are some activities that would be helpful for you to choose when are in school, or doing a project or studying

- Drawing or painting a picture, poster, chart, or sketch representing what you have learned.
- Making a three-dimensional model such as a physical map.
- Creating colourful designs, shapes, and patterns to illustrate a scene from nature or history.
- Imagining and visualizing how literary or historic figures might have changed events.
- Taking photographs or using a video camera to create a pictorial report.
- Constructing props and costumes to dramatize an event.
- Creating Venn diagrams or concept maps to explain information to others.
- Developing color-coding systems to categorize information.
- Building a shadow box or diorama display.

If you scored more than five 4's, then you are Body Smart (Bodily-Kinesthetic)

If your strength lies in body/kinesthetic intelligence, you may often find you learn best through touching, physical movement, manipulating concrete objects, and interacting with your environment. Activities that tap into this type of intelligence include dancing, role playing, drama, gesticulations, physical exercise, sports, mime, and martial arts.

You probably feel most comfortable in a classroom environment where you have the freedom to stand, stretch, and move at regular intervals. You actually have a real physiological need to move. To prevent becoming bored, distracted, or anxious, you would greatly benefit from cooperative learning. Some examples of this include jigsaw activities in which each member of a group is responsible for teaching the others one part of the whole story, and role playing are formats.

Here are some activities that would be helpful for you to choose when are in school, or doing a project or studying

- Dramatizing a literary or historical event.
- Role playing.
- Creating a dance or movement that tells a story.
- Acting out vocabulary words or a sequence of events.
- Constructing projects and making diagrams, models, or replicas of systems or procedures.
- Building puppets and putting on a show related to content.
- Pantomiming a sequence.
- Playing charades.

If you scored more than five 5's you are Music Smart (Musical/Rhythmic)

You learn most readily through rhythm, melody, and music. You probably like to sing, hum, listen to music, and/or play instruments. Also, you may be very good at picking up sounds, remembering melodies, noticing rhythms, keeping time, and also easily memorize words that have been set to music. You remember best if you tell or hear information aloud rather than read silently. Soft music in the background helps you focus and concentrate on your work. You may have trouble concentrating on a lesson if you cannot find a way to link the subject to music. You could put words to melodies to help you memorize facts, rules, and procedures. It would be helpful for you to remember historical events if you try to find music from places and time periods. Try to make up rhymes and catchy rhythmic phrases that contain the material you need to study. You may enjoy teaching rhythmic patterns, vocal sounds, and musical tones to others; composing music; and choreographing dances.

Here are some activities that would be helpful for you to choose when are in school, or doing a project or studying

- Writing an original song, rap, jingle, or cheer.
- Playing instruments.
- Composing music that conveys the theme or mood of the lesson.
- Finding lyrics from known songs that convey the theme or mood of the lesson.
- Researching, comparing, and contrasting music of different cultures or time periods.
- Identifying rhythmic patterns in music or poetry.
- Creating a rhythmic way to remember information.
- Performing a rap or song that summarizes information

If you scored more than five 6's you are people smart (Interpersonal)

Interpersonal intelligence includes: communication, positive interaction, and forming positive personal relationships. You probably have the ability to see situations from other perspectives which makes it easy to understand someone else's point of view. You are capable of motivating others to reach a common goal. People with interpersonal intelligence are team players and possess strong leadership qualities.

As learners, you have a preference for solving problems by discussing them first in a group and coming up with a common solution. You are skilled at understanding people, organizing, collaborating, communicating, and mediating conflicts. Your true concern for others can lead you to ignore your so you must be aware of this and try to focus on your learning. You should try to find opportunities to be helpful to others while developing your skills. You most likely enjoy cooperative learning, one-on-one peer tutoring, and exercises that ask you to identify with a character or figure you are studying.

Here are some activities that would be helpful for you to choose when are in school, or doing a project or studying

- Working on interactive computer software, e-mail, and the Internet.
- Sharing cooperative learning strategies.
- Identifying with figures in art or literature.
- Studying or creating oral histories.
- Interviewing or creating imaginary interviews with relevant people (real, historical, or literary).
- Constructing a family tree.

If you scored more than five 7's you are Self Smart (Intrapersonal)

This kind of intelligence is knowledge of the self. This means being in tune with your emotions, thought processes, attitudes, and reactions. You are good at taking responsibility for your choices and actions, especially for your learning. Because you have a high level of intrapersonal intelligence, you might have a strong will, as well as control over your emotions. You have an ability to plan in advance and set independent personal goals. Your energy and focus can be a motivator for others. You probably find that you generally like to work alone, but still like a lot of one-on-one interaction, guidance, and reinforcement from your teacher. You may feel uncomfortable in groups and may not voluntarily participate in class discussions. You probably enjoy thought-provoking questions, and are capable of contributing a unique perspective.

Here are some activities that would be helpful for you to choose when are in school, or doing a project or studying

- Writing journal entries that summarize content and any personal reactions to content.
- Investigating complex problems.
- Researching topics of interest.
- Reflect in a journal about what you learned.
- Create personal files of topics you have studied.
- Writing first-person accounts of events.
- Personate a character and writing his/her "autobiography."
- Constructing a bibliography that can be used by others.
- Self-assessing projects and products to determine how to improve learning.

If you scored more than five 8's you are Nature smart (Naturalist)

Having naturalist intelligence means you will recognize and discriminate among objects found in our natural world.

Naturalists watch and observe the environment. They appreciate and discern differences among living things, and have a keen interest in the laws and forms of nature. They enjoy going on hikes and being outdoors. Naturalists will care for the classroom pet and plants, organize and sort classroom collections of rocks, shells, leaves, insects, and other items from nature, and categorize anything.

Here are some activities that would be helpful for you to choose when are in school, or doing a project or studying

- Hiking in natural surroundings.
- Reporting on nature videos.
- Listing attributes of objects.
- Recording changes or development over time.
- Photographing nature.
- Devising classifications.
- Sorting and categorizing items.
- Using graphic organizers.
- Reconstructing the natural setting in a scene or setting.
- Predicting the effects of extreme natural phenomena.