

Learning styles

It is important to understand your preferred learning phase or learning style for two reasons: to put salt and pepper for a better taste and enjoyment of a learning experience AND to understand what you dislike and make a conscious effort in order to take full advantage of the learning process, without potential distortions.

If you like the active experimentation of a learning process you are an Activist.

You :

1. enjoy to take action;
2. are enthusiastic;
3. welcome new challenges;
4. are less interested in what happened in the past;
5. don't like putting things in broader contexts;
6. are interested in here in now;
7. like to try things, have a go.

If you like reviewing the experience part of a learning process you are a Reflector.

You :

1. like to think about things before taking action;
2. take a thoughtful approach;
3. are a good listener;
4. adopt a low profile;
5. like to read and re-read;
6. like to research and evaluate;
7. make decisions in your own time.

If you like the concluding part of the experience in a learning process you are a Theorist.

You:

1. like to see how things fit into the overall problem;
2. are logical;
3. are objective;
4. prefer the sequential approach to problems;
5. are analytical;
6. pay great attention to detail;
7. prefer structure, logical presentations and clear objectives.

If you like planning the next steps of an experience as part of the learning process you are a Pragmatist.

You:

1. like to see how things work in practice;
2. enjoy experimenting with new ideas;
3. are practical and down to earth;
4. like to solve problems;
5. appreciate the opportunity to try out;
6. like activities to be real;
7. like credible role models.

If you answered YES to all 7 items from a certain learning style, it means that you have a strong preference for that particular style. Just one or two items answered YES mean that you dislike it and need to make a conscious effort to go through that learning phase in order to get optimal results from a learning experience.

Also, as a potential facilitator of learning circles, make sure to take a break and evaluate if the activities you propose or your interaction style are in line with all learning styles, because chances are that in your group you will have people with preferences from all styles.

How may all these help you during a learning circle:

1. Be aware of your learning style and the style of others;
2. Make sure that the activities proposed by the group are in line with your preferred learning style;
3. Make an effort to attend the activities that are not in line with your liking and treat yourself with a small reward when you can do it;
4. Ask for help where you can't find the motivation to attend, reflect, conclude or plan.

