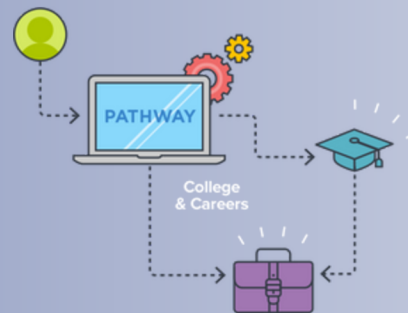


Discovering My Learning Style



Grade Level:

 7, 9

Domain:



Social Emotional Learning

TIME:



60 Minutes

This lesson is designed to help students understand the way they learn best and use their preferred learning method for academic and career success.

Objectives

Students will:

1. Explore visual, auditory, and tactile learning styles.
2. Identify their preferred learning style.
3. Use their learning style to create an academic goal to support high school success.

MEFA Pathway Activities

- Learning Style Inventory
- My Digital Portfolio
- My Goals

Materials Needed

- Internet connection

Vocabulary

- Learning Styles
- Visual Learning
- Auditory Learning
- Tactile Learning

Future Ready Skills

- Self-Awareness
- Critical Thinking

PART 1

CONTENT KNOWLEDGE

In this activity, students will learn about the three learning styles: visual, auditory, and tactile.

To begin, ask students the following questions:



1. What is a learning style?
2. What are the differences between visual, auditory, and tactile learning methods? You can ask students what they think it means to be a visual learner, auditory learner, and tactile learner.
3. Why is it important to know your individual learning style?

Once students have a baseline understanding of learning styles, divide the class into three groups. Assign each group one of the learning styles (visual, auditory, or tactile). Instruct the groups to create a list of examples of their assigned learning style. For example, visual learners might rely on diagrams and pictures. Auditory learners learn best by reading out loud. Give students 15 minutes to create their lists.

Once the groups have finished, allow each group to present to the class. Students should think about all of the examples shared and which examples align most with what they think is their learning style.

PART 2

APPLYING INFORMATION

For this activity, students will complete the Learning Style Inventory in MEFA Pathway.

Instruct students to log in to their MEFA Pathway account. Have students click on the *Self-Discovery* tab and then **Learning Style Inventory**. Students should rate each of the 30 statements with either a thumbs up (if it describes them well) or a thumbs down (if it does not). When they get to the end, they will view their results, which will highlight their strongest learning style(s). Be sure to have students take time to review their results and read the accompanying tips.

Each student's top result will appear in the *Self-Discovery* section on their **My Digital Portfolio**. If they chose to retake the assessment, the previous results will be replaced by the newest ones.

PART 3

EVALUATING INFORMATION

In this activity, students will use their **Learning Style Inventory** results to create an academic goal in MEFA Pathway. Instruct students to click on **My Goals** under the *Self-Discovery* tab. Have students add a new academic goal based on their results by clicking on *ADD NEW* in the *ACADEMIC* section. Students should list some of the learning style tips they reviewed as strategies to complete their academic goal.

For example, students who are visual learners should create an academic goal to explore visual learning methods to support their progress in school. Strategies may include creating flash cards for vocabulary words, drawing diagrams, and using pictures.

Remind students to save their academic goal once finished.