



StudentKeys®

# COGNITIVE THINKING STYLE WORKBOOK

UNDERSTANDING HOW YOU LEARN

# WHAT ARE COGNITIVE THINKING STYLES?



Everyone has their own unique way of thinking. By trying to understand your own thinking patterns and preferences, you can reveal the ways you learn best.

The LITE model is a unique tool for assessing your thinking style so that you may enhance your learning experiences.

Cognitive styles are the preferences that individuals have for thinking, relating to others, and for various learning environments and experiences. According to Noah Webster, “cognitive” or “cognition” refers to the faculty of knowing; the act of acquiring an idea. This workbook will help explain one of the many thinking style models in existence today.

Cognitive Thinking Styles are based on a few simple principles worth remembering:

- People are different.
- Different thinkers are motivated to learn in different ways.
- Different learners will respond differently to a variety of instructional methods.
- Individual differences among us should be respected.
- People with different styles can be equally intelligent.

Research has shown that thinking characteristics can be grouped into four patterns or “styles.” People with similar thinking styles typically prefer similar types of homework, exams, study environments, and are motivated to learn and retain information in similar ways.

## THE FOUR DIFFERENT MODES OF THINKING:

**L** = These people are organized, direct, practical, factual, & efficient. We call them **Literal Thinkers**.

**I** = These people are imaginative, sentimental, perceptive, & adaptable. We call them **Intuitive Thinkers**.

**T** = These people are analytical, logical, deliberate, & thorough. We call them **Theoretical Thinkers**.

**E** = These people are curious, realistic, innovative, & challenging. We call them **Experiential Thinkers**.

# STYLE CHARACTERISTICS AT A GLANCE

The following blocks contain characteristics of the four dominant cognitive thinking style patterns. Keep in mind that each of us uses a combination of these styles. However, your profile should reveal that one of these styles and one set of characteristics describes you best. Please pay particular attention to your dominant and secondary styles throughout this workbook. Put a check in the symbol if the characteristic describes your own style of thinking.

## LITERAL THINKERS



Tend to be...

**Practical in their thought**

- |                                      |   |
|--------------------------------------|---|
| <input type="checkbox"/> ORGANIZED   | <input type="checkbox"/> DEDICATED WORKER |
| <input type="checkbox"/> GENUINE     | <input type="checkbox"/> HANDS-ON         |
| <input type="checkbox"/> TRADITIONAL | <input type="checkbox"/> PRECISE          |
| <input type="checkbox"/> STEADY      | <input type="checkbox"/> PRACTICAL        |

## INTUITIVE THINKERS



Tend to be...

**Sensitive in their thought**

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| <input type="radio"/> IMPRESSIONABLE | <input type="radio"/> INSTINCTIVE |
| <input type="radio"/> SYMPATHETIC    | <input type="radio"/> IMAGINATIVE |
| <input type="radio"/> SENTIMENTAL    | <input type="radio"/> SENSITIVE   |
| <input type="radio"/> ADAPTABLE      | <input type="radio"/> PERCEPTIVE  |

## THEORETICAL THINKERS



Tend to be...

**Thorough in their thought**

- |                 |              |
|-----------------|--------------|
| ★ LOGICAL       | ★ SYSTEMATIC |
| ★ WELL INFORMED | ★ ANALYTICAL |
| ★ PROFICIENT    | ★ THOROUGH   |
| ★ OBJECTIVE     | ★ METHODICAL |

## EXPERIENTIAL THINKERS



Tend to be...

**Original in their thought**

- |               |               |
|---------------|---------------|
| △ RESOURCEFUL | △ REALISTIC   |
| △ COURAGEOUS  | △ INVENTIVE   |
| △ INQUISITIVE | △ A VISIONARY |
| △ CLEVER      | △ CHALLENGING |

# COGNITIVE THINKING STYLE WRAP UP



## Being Aware...

This workbook has provided you with a way to differentiate four styles of thinking. Taking the profile, discovering your style, and understanding different thinking characteristics has, at the very least, made you aware of various thinking preferences. It was not intended to label you in any way.

## Rule #1: Maximize Strengths; Minimize Weaknesses

Your mind has distinctive qualities and preferences that differ from the person next to you. The following exercise will help you further pinpoint your mind's preferences. Once you can identify and appreciate your strengths and limitations, you can minimize or maximize them in all types of learning situations.

## Know Yourself...

To know yourself sometimes requires that you stand outside yourself and observe the internal processes that prompt your behavior. Your profile has indicated that you “lean” toward one or two cognitive thinking style(s). Now it’s your turn to admit, “I think like that,” “I do that,” “That’s really me.”

## MIND-EXPLORATION EXERCISE

From what you’ve learned from this workbook, answer the questions below:

1) Please list your **LITE** profile scores in the spaces provided.

■ **Literal Thinker** \_\_\_\_\_

● **Intuitive Thinker** \_\_\_\_\_

★ **Theoretical Thinker** \_\_\_\_\_

▲ **Experiential Thinker** \_\_\_\_\_

2) What is your reaction to your thinking style scores? Do you agree or disagree with the characteristics attributed to your dominant style? If you agree or disagree, with what aspects in particular?

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3) Turn to page 7. Which set of style characteristics describes you best? Are there any characteristics you would add?

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