



StudentKeys®

# PERCEPTUAL LEARNING STYLE WORKBOOK

UNDERSTANDING HOW YOU LEARN

# WHY PERCEPTUAL STYLES?

Research has shown that although everyone learns by utilizing each of the different styles, they may respond differently depending on the learning situation. People respond differently in different scenarios because people perceive information differently using the sensory channels. These channels give, receive, and store information. Your primary learning style is your perceptual strength, the way you prefer to interact with information.

This should in no way be taken as a label. Your Perceptual Learning Style preferences are situationally based. Everyone takes in data using all of their senses but being aware of what works best for you may help you maximize learning.



## Using Perceptual Learning Styles to Your Advantage

Having a primary perceptual preference and learning strength does not mean you should disregard your other sensory channels. In fact, realizing your learning limits and encouraging those other senses will help you function in a variety of classroom and learning situations. You should become highly sensitive to the manner in which all information is presented to you.

It would be nice if all your teachers, instructors and professors taught you in the manner in which you learn best. Instead, you will probably encounter your instructors teaching the manner with which they are most comfortable. Early in your education, it is good to discover your learning strengths and preferences so you can adapt to new learning situations. Understanding which learning channels you prefer and then using your perceptual learning strengths will help you feel more assured in the classroom and will ultimately increase your learning potential.

### Perceptual learning styles key points to remember:

1. Each person uses each perceptual style to varying degrees depending on the situation
2. No perceptual learning style is better than another. They all have strengths and limits.
3. Most people can become skilled in using all of their sensory channels for learning.

The questionnaire on the following pages was designed to identify how you perceive new information most effectively and most efficiently. It is based on the hypothesis that methods for perceiving and learning differ from individual to individual.

# DETERMINING THE STYLES OF OTHERS

## Word choice may reveal the learning or teaching style of friends and instructors

Unsure of how to detect an individual's perceptual learning/teaching style? Here is a quick way to find the style of others just by paying attention to their word choice. This comes in handy when trying to guess an instructor's teaching style and in trying to modify your style to a particular learning environment.

### Notice the words people choose

Each individual is inclined to use words that represent how he/she perceives information. Here are some examples:

#### The Auditory Style Says:

"I hear you."  
"I can really tune into what you're saying."  
"That rings a bell."  
"Something tells me to be careful."  
"That idea's been rattling around in my head."  
"Everything just suddenly clicked."

"Listen to yourself."  
"State your purpose."  
"Describe it in detail."  
"I'm just voicing my opinion."  
"We got an earful."  
"Sound good so far?"

#### The Visual Style Says:

"I see what you're saying."  
"That looks good."  
"I went blank."  
"I view it this way."  
"Let's cast some light on the subject."  
"Looking back on it now, it appears differently."

"That idea isn't clear."  
"Get a new perspective."  
"Don't leave me in the dark."  
"Get the picture?"  
"See what I mean?"  
"An enlightening (insightful, colorful) example."

#### The Kinesthetic Style Says:

"If it feels right, do it."  
"I have a feeling you are right."  
"Get a handle on it."  
"You're so insensitive."  
"Do you grasp the concept?"  
"Change your standpoint."

"Get in touch with yourself."  
"I'm up against a wall."  
"Pull some strings for me."  
"I'm boxed in a corner."  
"That was an underhanded thing to do."

# DESIGN A LEARNING ENVIRONMENT



Most students struggle with staying focused. This is unsurprising. Assignments require a level of concentration that is difficult to maintain for long periods of time. Although you are alone, the room is quiet, you have an overhead light and your desk is clean, you still can't seem to concentrate.

The traditional idea of a productive "study space" has been around for generations. A structured place with pencils, desks, chairs, lights and no distractions. Although it seems to be the best environment for some, it may be the worst for others.

What if you could design your perfect learning environment? What are the criteria you need to have an extremely productive study/work session?

The following questions will help you determine your environmental learning preferences.

## What are Your Environmental Learning Preferences?

**1) Where do you like to study? (i.e. home, work, your room, the library, outside, on the bus, etc.)**

Why does this work for you? \_\_\_\_\_  
\_\_\_\_\_

**2) Do you like to study alone or with others? (i.e. with your friend, with a group, with a teacher, alone, etc.)**

Why does this work for you? \_\_\_\_\_  
\_\_\_\_\_

**3) Do you prefer morning or evening? (i.e. what time of day, what time in the evening, no difference, etc.)**

Why does this work for you? \_\_\_\_\_  
\_\_\_\_\_