



GOAL (Grow, aspire, learn)

Study Skills Workbook

Name:.....



08 09

Learning Styles Self Assessment

Read the situations below then tick one or more examples that you feel is most like the response you would make. If uncertain, please tick the response that might be closest to the one you would make.

Self-diagnosis of Learning Style

Situation	Response	Tick	Response	Tick	Response	Tick
1. When you SPELL...	Do you try to 'see the word in your imagination or write it out to see it?		Do you use the phonetic approach and sound the word out?		Do you write the word down and find out if it 'feels' right?	
2. When you TRY TO IMAGINE something...	Do you see things clearly and easily in vivid and detailed pictures?		Do you think in the sounds you would hear?		Do you imagine what it would feel like to actually be there involved in the situation?	
3. When you CONCENTRATE	Do you need to make your workspace tidy and uncluttered before you begin work?		Do you hate people talking or noises off because you start listening to them?		Do you need to move around, perhaps talk to yourself, to help?	
4. When you are ANGRY...	Do you become silent and seethe?		Do you express your anger in an outburst of words and noise?		Do you storm off, grit your teeth, clench your fists or slam the door?	
5. When you FORGET SOMETHING..	Does it tend to be names, but you remember faces and places?		Do you forget faces and places but remember names and stories you were told?		Do you remember best what you did and the places you actually visited?	
6. When you CONTACT SOMEONE TO MAKE A REQUEST...	Do you prefer a direct, personal meeting face to face, so you can see them?		Do you prefer to deal over the telephone rather than see them?		Do you talk about it or rehearse it whilst walking along or doing another activity?	
7. When you are RELAXING...	Do you prefer to watch TV, read, see a play or look at magazines?		Do you prefer to listen to the radio, play music or hear stories?		Do you prefer to play sport/games or take part in activities e.g. aerobics?	
8. When you enjoy THE ARTS...	Do you like viewing paintings or sculptures?		Do you like listening to music or going to concerts?		Do you like taking part yourself, e.g. drama groups, or watching very lively activities, e.g. the circus?	
9. When you PRAISE SOMEONE...	Do you write them a card or note to tell them?		Are you happy to tell them face-to-face how they have done?		Do you give them a pat on the back, or a hug, to show your pleasure or perhaps give them a present?	

10. When you try to INTERPRET SOMEONE'S MOOD...	Do you mainly look at their facial expression?	Do you listen to the tone of their voice?	Do you watch their body movements?
11. When you are READING...	Do you like the descriptive scenes and often stop to imagine a scene?	Do you enjoy dialogue and conversation and try to 'hear' the characters talk?	Do you prefer stories with a strong storyline and plenty of action; or perhaps you are not a keen reader?
12. When you LEARN....	Do you prefer to see demonstrations, diagrams, slides and pictures?	Do you like verbal instructions, talks and lectures, explanations?	Do you prefer to learn through activities, role play or practical situations?
13. When you are INACTIVE, FILLING TIME or WAITING....	Do you look around, doodle, study something, watch people around you?	Do you talk to yourself or chat to other people?	Do you fidget, walk up and down, find something to do?
14. When you are TALKING...	Do you dislike listening for too long?	Do you enjoy listening to others but can be keen to talk yourself?	Do you gesture a lot and use expressive movements?
15. Do you REMEMBER...	Funny scenes?	Jokes and storylines?	Feelings and sensations?
16. Do you TEND TO REMEMBER...	What you see?	What you hear?	What you actually do?
17. Which is EASIEST FOR YOU...	To concentrate on watching something?	To concentrate on listening to something?	To do an activity for a long time?
18. If you have LEARNT TO DRIVE..	Did you find you had to look down every time you changed gear or braked?	Did you find it easy to listen for the changing engine tone when changing gear etc?	Did you find it all quite easy?
19. If you had a choice, WHICH WOULD YOU RATHER BE...	A successful artist or photographer?	A successful musician or composer?	A successful sportsperson, rally driver, athlete or engineer?
	Total 1	Total 2	Total 3

Now count the number of ticks you have made in each column and put the total at the bottom of each column. The column/s with the highest total/s will tell you your preferred Sensory Learning Style (or styles - you might find you are a combination of 2 styles). If you have the highest total for:

- Total 1, you are likely to have strong VISUAL skills
- Total 2, you are likely to have strong AUDITORY skills
- Total 3, you are likely to have strong KINAESTHETIC skills

How does this help me learn?

Read the learning tips below to find out ways to help yourself to make the most of your learning activities.

Visual Learners

- Learn best when there is a lot of visual input
- Need a desk which is tidy - free of visual clutter!
- Remember things by their colour, size, location
- Remember by mentally 'photographing' or visualising information
- Make use of posters and pictures - simplify information
- Note shapes or outlines
- Colour code different points or aspects of notes and texts
- Stick useful information above eye-level
- Use mind maps, flow charts etc.
- Learn from videos and illustrative material
- Use visual clues to help remember things
- May find quiet background music helpful while working

Auditory Learners

- Learn best by listening and discussing
- Use a tape recorder to learn material and plan assignments
- Practise by hearing and recalling
- Make use of what words sound like, and word association
- Use auditory mnemonics - remember by sound and rhythm
- May need to ask for a spoken explanation when understanding is difficult.
- Remember by pitch, volume and rhythm of voice when listening
- Concentrate best in a quiet room but may find quiet background music useful
- Need to have copies of visual material used in lectures

Kinaesthetic Learners

- Learn best by doing and practising
- Move to learn (if not possible use 'worry' beads or squeezing a ball)
- Learn by handling materials, using models, doing things
- Use texture and weight - learn through muscle memory
- Learn from demonstrations - imagine or mirror movements
- Explore situations by imagining what it would 'feel' like
- Act out events, even facts, by using role play
- Need to have copies of visual material used in lessons

Preparing to Study

You need a good place to study. Think of your study 'place' & answer the following questions by ticking YES or NO

	YES	NO
<p>1. Is my study place available to me whenever I need it? If you need to share your study place with other people, work out a timetable & agree when you can have it all to yourself.</p>		
<p>2. Is my study place free from interruptions? You may need to hang a DO NOT DISTURB sign on the door or take the phone off the hook.</p>		
<p>3. Is my study place free from distractions? You need a quiet environment. However, playing music quietly may improve your concentration or mood.</p>		
<p>4. Does my study space contain all the study materials I need? Make sure that you have all the books, notepads, pens, pencils, ruler, calculator etc that you may need. If you use a computer, it should be in your study space!</p>		
<p>5. Does my study space have a large enough desk or table? Use a desk or table that is big enough to hold everything. Allow enough room for writing. Try to avoid clutter.</p>		
<p>6. Does my study place have enough storage space? You need to be able to store your study materials safely so that they are where you want them when you want them.</p>		
<p>7. Does my study place have a comfortable chair? An uncomfortable chair will cause pain & interfere with studying. An armchair may make you too relaxed & sleepy! Choose a chair that you can sit in for a long time & remain focussed.</p>		
<p>8. Does my study place have enough light? You must be able to see clearly without strain or discomfort.</p>		
<p>9. Does my study place have a comfortable temperature? If it is too warm you will get sleepy, if it is too cold your thinking will slow down. Set a temperature which will allow your mind & body to function best.</p>		
<p>10. Does my study space have enough fresh air? Keep the room ventilated. Open the window if necessary to stop it getting stale.</p>		

Did you answer yes to every question? If not, what should you do?
Go to your 'Study Action Planner' & list 5 ways that you could improve your Study Place

Will you fall into the study trap???



There are 10 main study traps that you may fall into! Match the statements to the solutions then go to the action planner & list 5 ways to avoid the traps...

'I don't know where to begin'		Attack! Get actively involved in the text as you read. Take notes. Highlight important bits in colours. Get a study buddy so you can talk about the work.
'This stuff is so boring'		Test yourself. Make up question & answer cards. Self test or get someone else to test you. Do it often.
'I read it, I understand it, but it won't sink in'		Think about your 'study place' rules!
'I think I understand it'		Organise work into sections. Write a series of headings & group information into categories or hierarchies. Test yourself using mind maps
'There's too much to remember'		Space out your study. Keep it organised & manageable. Test yourself often to review what you have learned. Build new knowledge onto old knowledge.
'I knew it a minute ago'		Take control. Make a list of all the things you need to do. Break it down into manageable chunks. Schedule time sensibly on a planner
'But I like to study in bed'		Review what you've just read. Try to recall the information by answering questions you made up as you went along. Review, recall & retest often to build on the knowledge you have gained.
'Cramming before a test helps keep it fresh in my mind'		Avoid getting too tired. Build in time to rest & relax. Reward yourself with treats when you have achieved what you wanted to do. You need to be refreshed for exams & that means a good night's sleep. Eat well, sleep & exercise.
'I'm gonna stay up all night until I get this'		Try to mix what you are learning with what you already know - this will make it more meaningful. Use memory tools to help e.g. rhymes & mnemonics.

Put on your memory SPECS!!!



-  **EE IT.** Run what you want to remember like a video in your head, or capture it like a photo or freeze frame.
-  **PERSONALISE IT.** Link the images to something that you are familiar with e.g. place your cat in the memory or set the event in your bedroom...
-  **XAGGERATE IT.** Make the information unusual or out of context & 'larger than life'. Instead of a video or photo, make the information like a Disney cartoon
-  **CONTEXTUALISE IT.** Link the information together in a 'memory chain' Establish links between facts & ideas then form them into a 'story'. Group facts & ideas together; establish commonalities.
-  **REPEAT IT.** Repeat what you want to remember out loud to somebody or into a tape recorder - the best way to remember is to teach someone else

Rhymes

Rhymes are useful ways of remembering facts. Work with a partner & finish these rhymes:

Thirty days has September,
April, June & N_____,
All the rest have _____,
Excepting _____ alone,
Which has _____ days clear
And _____ each leap _____

In fourteen hundred & ninety two,

Raps & songs can be just as useful. Can you complete to this song?

The head bone's connected to the _____ bone
The neck bone's connected to the _____ bone
The shoulder bone's connected to the _____ bone
So hear the praise to the Lord!!!

What is it helping you learn? _____

Make up a rhyme, rap or song with a partner to remember the events outlined in the match report

Mnemonics

Mnemonics are 'first letter triggers'. They are a useful way of remembering lists of facts. Remembering the story helps you remember the first letter. Remembering the first letter helps you remember the word.

Do you know this mnemonic?

My very energetic mother just swam under the North Pole!

It is a mnemonic to help you remember the names of the planets in order:

M y	→	M ercury
V ery		V enus
E nergetic		E arth
M other		M ars
J ust		J upiter
S wam		S aturn
U nder the		U ranus
N orth		N eptune
P ole		P luto

What does '*Richard of York gave battle in vain*' help you remember?

_____ Write it out below:

With a partner make up a mnemonic to remember historical, geographical or scientific information:

Study Action Planner - Give me 5!!

I am a _____ learner. I need to do the following to learn most effectively:

- 1.
- 2.
- 3.
- 4.
- 5.

Preparing to study

To improve my study space I need to:

- 1.
- 2.
- 3.
- 4.
- 5.

Avoiding the traps

To avoid falling into the study trap I should:

- 1.
- 2.
- 3.
- 4.
- 5.

Memory skills

Some techniques I will try to help me remember are:

- 1.
- 2.
- 3.
- 4.
- 5.

