

# Session 2

## Learning Styles

(30 minutes)

### Objectives

Recognise the value of their own strengths and experience
Discuss ways of helping adults to identify their individual learning needs

### Resources

- Coloured dots for learning styles



### Trainer input

This session will require learners to have completed the learning styles questionnaire found in the pre-course learning, and have identified their own learning style. Trainer to highlight the importance of understanding their own learning style as a tool to aid in the understanding of other people's individual styles. Learners will then receive a coloured dot depending on their individual learning style that can be attached to their name badge.

(3 minutes)



### Task

Learners are asked to think about their own learning style, methods that allow them to achieve their goals and how they specifically learn or are engaged. Do they fit with the descriptions included as a part of the learning styles questionnaire?

(3 minutes)

Learners will then pair up with somebody from a different learning style. They should discuss how they can be engaged, and how the two styles differ or may be similar. Trainer explains that there is no right way or wrong way to learn. Different people learn differently and they may need to adapt their style depending on who they are working with. After five minutes learners to swap and pair up with someone from another leaning style.

(15 minutes)



### Trainer note

Use a speed dating approach to the exercise, where the learners move from one person to the next following a timed signal. Keep learners standing up where practical, and moving around the room.



### Report back

Learners to report back to the whole group on what they have found and the characteristics of each learning style, linking to why it is important. This could be done by using the slides provided that split into four different parts, with learners feeding back into the four learning styles. For a greater understanding and discussion learners should feedback on a different learning style to their own.

(9 minutes)