

LEARNING STYLES

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1. Name
2. Connection with AE
3. How did I start with AE?

Who am I?





What am I doing
here?





In this workshop
we:

- ✓ respect time limits
- ✓ don't use mobile phones
- ✓ respect each other's opinion
- ✓ actively participate

Rules

- to introduce :
 - learning styles (VARK and Kolb / Honey and Mumford)
 - methods of their implementation in adult learning and teaching

Workshop aims



- ✓ learning process
- ✓ left and right brain hemisphere
- ✓ learning style definition

- ✓ VARK learning styles

- ✓ Kolb's learning cycle
- ✓ Honey & Mumford's learning styles

Workshop contents



- ✓ define learning and explain the learning process
- ✓ briefly explain different functions and influences of the left and right brain hemisphere on learning
- ✓ mention some of the basic characteristics and preconditions of (adult) learning
- ✓ define learning styles and name different learning style terms

***PART ONE (9.00 -
10.30)***

- learning process
 - left and right brain hemisphere
- introduction to learning styles





Learning and learning experience

(group work)

✓ Your previous knowledge and experience is important!

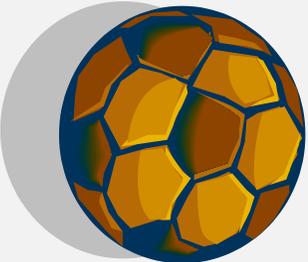
- *What is learning?*
- *What is the best learning advice you've ever received?*
- *What is the last thing you've learned?*

✓ Share it with us!

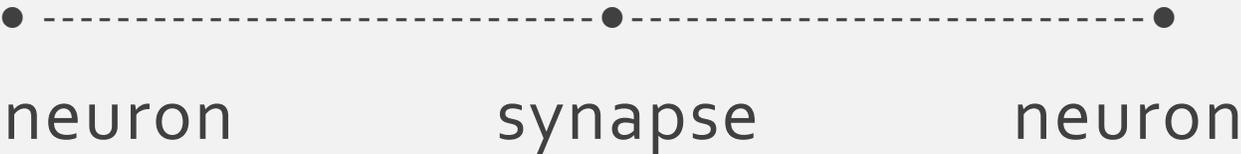
1 = I think that ...
2= I don't agree (with) that/because....
3= It is clear that...
4= It's not possible ... because
5= Maybe it's not completely true... because...
6= In short ...



What's learning?



----- ball.



Learning and learning experience





Learning and
learning
experience



- ✓ *We learn things that are meaningful and useful.*
- ✓ *Learning always includes communication.*
- ✓ *Learning is associated with happiness / satisfaction.*
- ✓ *Learning is always associated with curiosity.*
- ✓ *Learning ability doesn't decrease after 30*
- ✓ *Intrinsic and extrinsic motivation are crucial for learning.*

Learning and learning experience



Motivation depends on:

- ✓ *motive strength*
- ✓ *attractiveness and goals*
- ✓ *proximity (time component)*

Expectations:

- ✓ adult often form certain learning expectations

Learning and
learning
experience



INDIVIDUAL'S BIOGRAPHY

✓ Individual's biography: **previous education pathway + important "crucial" moments in life**

DIFFERENCES BETWEEN PARTICIPANTS:

- ✓ individual abilities
- ✓ biography

Learning and
learning
experience



Are You Right-Brained or Left-Brained?

Left Hemisphere (L) Characteristics:

- Linear thinking
- Detail / fact oriented
- Reading / phonics / language / talking
- Auditory / listening
- Like the "parts" before the "whole"
- Logical
- Numbers
- Time-oriented
- Prefers true / false to multiple-choice
- Doesn't like to take risks
- Looks for differences
- Prefers things with concrete rules / definitions
- Asks "how" more often than "why"

Right Hemisphere (R) Characteristics:

- Creativity
- Like shapes / patterns
- Singing / music / theater / art
- Visualizations
- Likes to see the "whole" picture
- Emotional
- Colors
- Active
- Prefers essay tests to true / false
- Willing to take risks
- Finds similarities
- Sensitive to thoughts / emotions
- Asks "why" more often than "how"

How to find your stronger eye

1. Extend your arms and make a triangle with your thumbs and forefingers.
2. Center a light switch in the triangle.
3. Close each eye.
4. Which one keeps the switch centred? That's your stronger eye.

How to find your dominant brain

1. Circle the **EAR** you use to listen through a door.
2. Circle which **EYE** is stronger (see guide).
3. Circle the **HAND** you use to write or eat.
4. Circle the **FOOT** you use to kick a ball.
5. Mostly L's = Right brained. Mostly R's = Left brained.

Left and right
brain hemisphere





Left and right brain hemisphere

(pair work)





Left and right brain hemisphere

<https://www.youtube.com/watch?v=JuyB7NO0EYY&t=8s>

CONCLUSIONS:

- ✓ learning engages both hemispheres
- ✓ each has its own specialities
- ✓ corpus callosum
- ✓ the better the connection of the brain hemispheres, the better we will do the activity and remember it
- ✓ the older we get the more experience, memories and previous knowledge we use while learning
- ✓ neurons and synapses can be created even in adulthood
- ✓ we shouldn't neglect the relationship between our cognitive and emotional side

Left and right
brain hemisphere





Coffee
break
10.30-11.00



- ✓ recognise learning styles
- ✓ define and list basic characteristics of VARK learning styles
- ✓ use a questionnaire to determine learning styles (VARK) and interpret its results
- ✓ design learning and teaching activities for adults that match different VARK learning styles
- ✓ apply a specific learning style in a new context

✓ **PART TWO (11.00 – 12.30)**

- ideas for activating and developing different learning styles

- VARK (theory, use in classroom, questionnaire)



- ✓ 70 concepts about learning styles
- ✓ the 2 most known and most accepted:
 - (1) David Kolb's / Honey & Mumford's theory
 - (2) VARK learning theory

How would you define a learning style?

Learning style is a dominant input channel for receiving information.

Style is a preferred way of thinking, processing and understanding information.

Style is a way of learning a person is most successful in.

Introduction to learning styles



VARK's learning theory includes 4 basic styles/
types of learning:

- 1) *visual*
- 2) *auditory*
- 3) *reading/ writing*
- 4) *kinesthetic sensory*

Introduction to learning styles





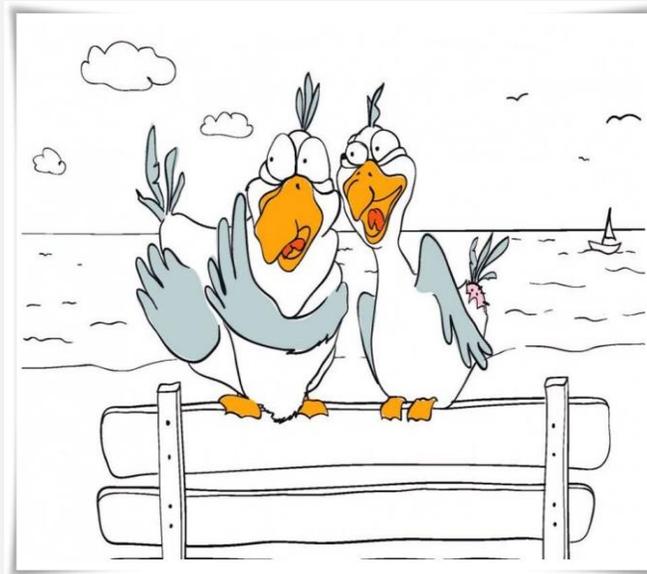
✓ Let's
sing ...



(1) Panto Pletikosa

- ✓ 4 people (1 from each group)
- ✓ others – observers evaluating the activity

- *What happened?*
- *What is the message of the activity?*



Activating and
developing
different learning
styles



(2)

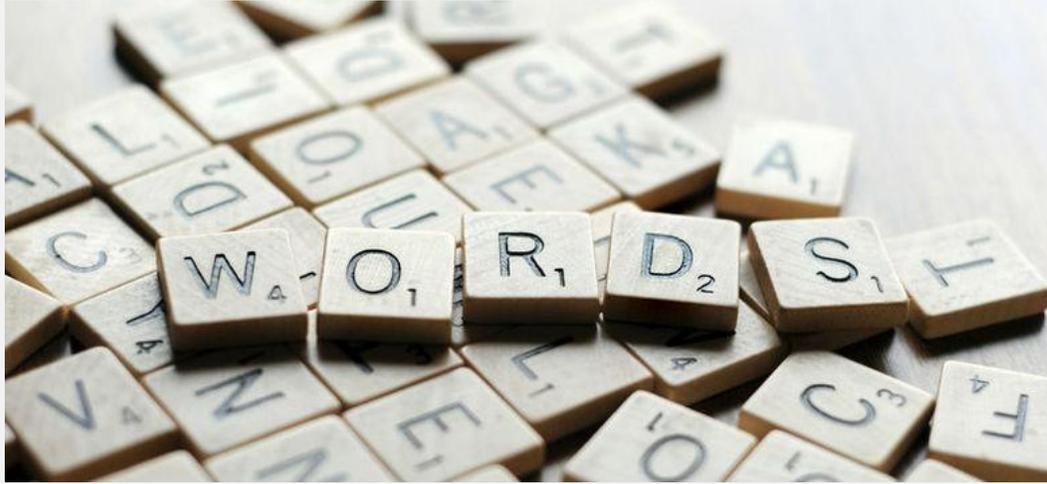


- ✓ 1 minute to remember as many objects as possible
- ✓ 1 minute to write down the objects you remember

Activating and
developing
different learning
styles



(3)



✓ 1 minute to remember as many words as possible

✓ 1 minute to write the words you remember



What have we learned?

Activating and
developing
different learning
styles



bicycle

shrimp

window

laptop

mushrooms

plate

shoes

teeth

bridge

cup

photograph

exit

fork

scissors

mom

remote

lunch

ring

sunglasses

heart

happiness

beach

book

sugar

grandfather

cathedral

bloodstream

sea

airplane

flag

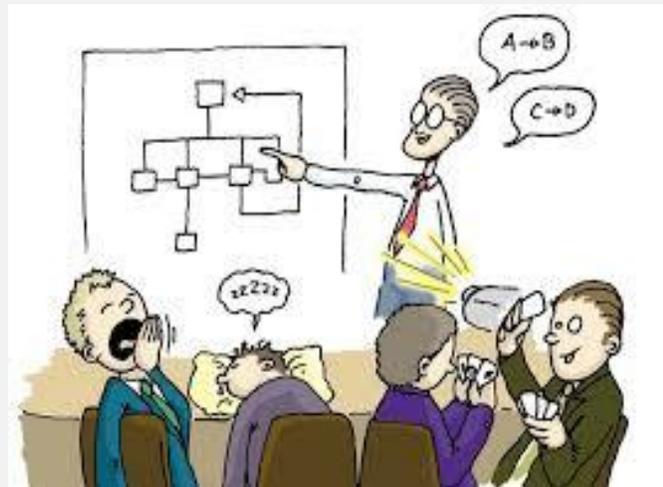


moo



VARK theory of learning styles





VARK theory of
learning styles
(group work)



What's your learning style?
How would you explain your choice?



Did you get the same result? If not, how can you explain that?

VARK theory of
learning styles





VARK theory of learning styles



We learn:

- 10% of what we read;
- 20% of what we hear;
- 30% of what we see;
- 50% of what we see and hear;
- 70% of what we say;
- 90% of what we say and do!

VARK theory of learning styles





Systematization





ENJOY YOUR
MEAL!
12.30-13.30



- ✓ explain Kolb's learning cycle
- ✓ explain the definition and basic characteristics of Kolb's / Honey & Mumford's learning styles
- ✓ recognise learning styles
- ✓ use the test to determine learning styles (Honey & Mumford) and interpret its results
- ✓ design and apply learning and teaching activities for adults that match different learning styles

THIRD PART(13.30 – 15.00)

- mental strength exercises
- Kolb's / Honey & Mumford's theory
- conclusion
- performance evaluation



Criss cross walking

- ✓ improves learning, memory, reading, and coordination
- ✓ at a slower pace, it improves balance



Mental strength
exercises



Toe-touching exercise

- ✓ increases energy levels and relaxes the central nervous system



Mental strength exercises



Neck exercise

✓ reduces neck and shoulder tension and increases concentration



Mental strength
exercises



Relaxation technique

- ✓ improves self-confidence
- ✓ exercising for two minutes with your eyes closed reduces stress level



Slika 13

Slika 14

Slika 15



Slika 16

Slika 17

Slika 18

Mental strength
exercises

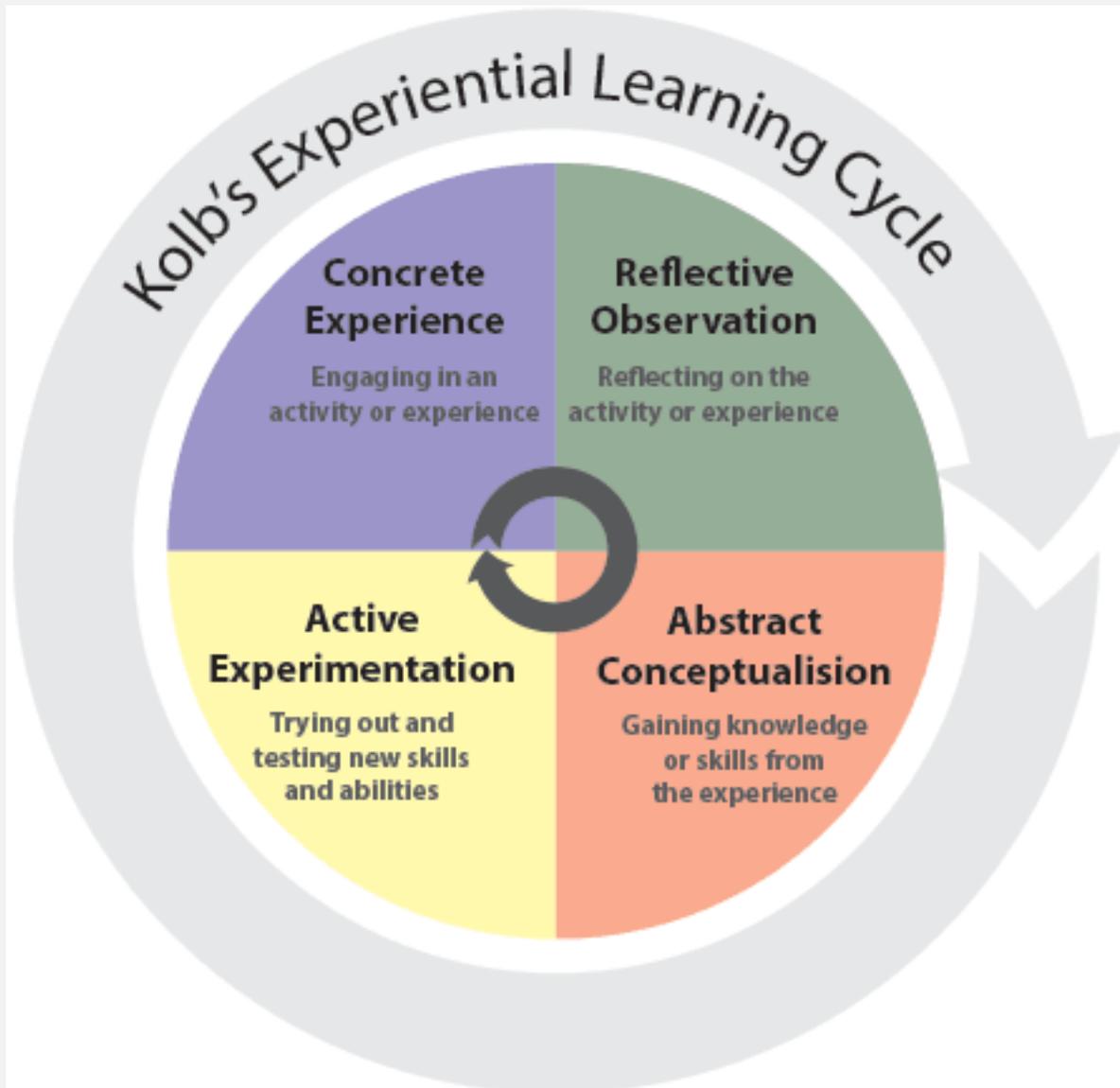




Group formation



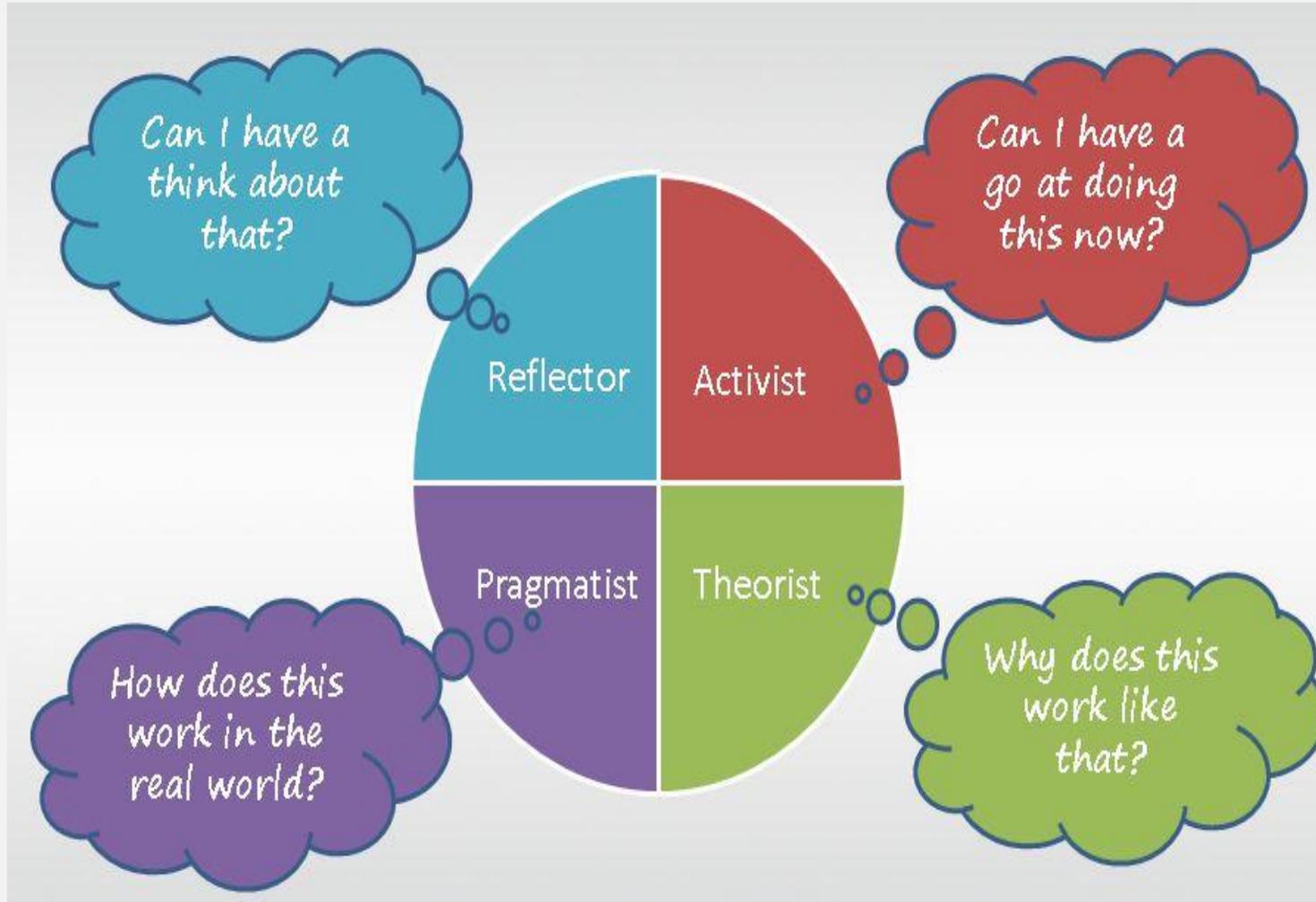
Kolb's learning styles theory



© 2014 SkillsYouNeed.com

Kolb D.A. (1984) 'Experiential Learning experience as a source of learning and development', New Jersey: Prentice Hall





Kolb's / Honey & Mumford's learning styles theory





Kolb's / Honey & Mumford's learning styles theory

(group work)



Kolb's / Honey & Mumford's learning styles theory





<https://youtu.be/GuDBbbBqHL8>

Kolb's / Honey & Mumford's learning styles theory

(group work)



FINISHING THOUGHTS

- Every person has their own learning style and set of strengths.
- A learning style is as personal as a signature.
- There are no better or worse styles.
- In every group there are all types of learning styles.

Conclusion



METHODOLOGICAL PLURALISM

- Wide variety of methods and techniques
- Not every teacher has to be equally good at applying every teaching method
- It can discover different learning potentials
- Develop individual's learning ability using the alternative (and not only the dominant) style
- Styles differ according to learning contents and outcomes

Conclusion



Why are learning styles especially important in adult education ?

- learning style differences are bigger and more highlighted among adults than among children and young people
- the older we get the more we use our experience, memories, and prior knowledge while learning (and learning how to learn)
- it is necessary for adult educators to help learners adopt new learning methods and experiences
- your learning style is also part of the equation
- your initial preference will be working with people who are similar to you



Conclusion





What have I
actually been
doing here?



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