

Activity 1: What is My Learning Style?

Target Audience: Grades 6-9

Objective: The students will:

- Complete a learning styles inventory.
- Identify their learning styles.

ASCA Standard	National Career Development Goal	National Career Development Guidelines
Academic Development Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.	Educational Achievement Goal 1: Attain educational achievement and performance levels needed to reach your personal and career goals.	ED1.K4: Identify your learning style. ED1.A4: Show how you are using learning style information to improve educational achievement and performance. ED1.R4: Analyze your learning style to develop behaviors to maximize educational achievement and performance.

Resources and Materials:

- What is My Learning Style? activity sheet
- *Career Outlook*, Occupational Section, pages 28-46

Leading Questions and/or Comments:

This is an informal approach to learning styles. It should be used as an introduction, not as a diagnostic tool. Discuss with the students general learning style attributes. Discuss how students do homework and the environment in which they work best when completing homework. Talk about the following:

- Today we are going to determine your individual learning style. We will see how you learn best and then we will match your learning style with compatible occupations.
- Your individual learning style may affect the way you understand information and solve problems.

Activities:

Instruct students to do the following:

- Complete the What is My Learning Style? activity sheet.
- Total each section. The section with the highest score is your learning style.
- Write your learning style in the blank provided. Read the description of your learning style and review the sample occupations that are compatible with that learning style.
- Compare your learning style with your classmates.

Do a class poll to see what the majority learning style is of the class.

- Ask students why it would be helpful to know a classmate's learning style?
- How can knowing your learning style benefit you in a work environment?

Making Connections for Students:

Say to the students:

Now that you know how you learn best, let's review together how knowing this will help you find compatible occupations. Tell me about how your learning style can affect how happy you are at work.

Optional Activities:

Have students:

- Use www.RUReady.ND.gov to journal in their portfolio what their learning style is and what they learned about themselves.
- Research occupations they may be interested in exploring further.