

How Do **YOU** Learn?

And More Importantly
How Do You **TEACH!!**

Aims

- To teach you about the different ways we learn
- To help you establish what is your dominant learning style
- To cultivate a sense of feedback and reinforcement to support your Learning and Teaching style

Objectives

After this lecture you will be able to

1. Briefly describe the 2 major theories of learning
2. Describe the 3 Learning Styles
3. Identify your own dominant learning style
4. Understand the importance of Feedback and Reinforcement

A simple psychological definition
of learning is:

“Relatively permanent changes in
behaviour or in potential for behaviour
that results from experience”

Many Theories have been devised to understand how we learn (50+)

2 most contrasting theories most widely regarded are:

- Behaviourism
- Cognitive theories

Behaviourist

- Traditional teaching methods
- Routine learning
- Logical, methodical and progressive
- Subject broken down into manageable chunks

- **Pros & cons** (some people thrive other threatened)

Cognitive Theories

Cognition is Defined as

When you think or use a conscious mental process

And Cognitive as being...

Connected with thinking and conscious mental processes

3 Major Styles

- Visual
- Auditory
- Kinaesthetic/Tactile

More learning styles...

- Through working with colleagues
- Through talking ideas through with one or more people
- Through working alone and self reflection
- Building up learning stage by stage and then looking back

And there's lots more

How can other people interpret your feelings?

- A) By your facial expressions
- B) From your voice
- C) Through your general body language

How do you keep up with current Events?

- A) By reading the newspaper thoroughly
- B) By listening to the radio or watching TV news
- C) By quickly reading the paper or spending just a few minutes watching the TV news

What do you prefer doing in your spare time?

- A) Watching TV or going to the cinema
- B) Listening to the radio, listening to music or playing an instrument
- C) Engaging in sport or physical activity (dancing, walking, gym...)

How do you behave in group learning situations?

- A) You like to come prepared with notes or other supporting material
- B) You enjoy discussing issue and hearing other points of view
- C) You spend a lot of the time doodling

How do you prefer to communicate with people?

- A) By having face to face meetings, or faxing, e-mail, texting or writing letters**
- B) By phone because it saves time**
- C) By talking while you're walking/doing something else**

For Drivers only – do you?

- A) Frequently check the rear view mirror and watch the road carefully
- B) Turn on the radio/stereo as soon as you get in the car
- C) Continually shift position in your seat to remain comfortable

And the answer is.....

- Mainly A? You may be a visual learner
- Mainly B? You may be an auditory learner
- Mainly C? You may be a kinaesthetic learner

Visual Learners

learn through seeing...

- Use visual materials such as pictures, charts, maps, graphs, etc.
- Use mind mapping for note taking
- Have a clear view of your teachers when they are speaking so you can see their body language and facial expression

- Use colour to highlight important points in text
- Take notes or ask your teacher to provide handouts
- Illustrate your ideas as a picture or brainstorming bubble before writing them down

- Write a story and illustrate it
- Use multi-media (e.g. computers, videos, and filmstrips)
- Study in a quiet place away from verbal disturbances
- Read illustrated books
- Visualize information as a picture to aid memorisation

Auditory Learners

learn through listening...

- Participate in class discussions/debates
- Make speeches and presentations
- Use a tape recorder during lectures instead of taking notes
- Read text out aloud
- Create musical jingles to aid memorization

- Create mnemonics to aid memorization
- Discuss your ideas verbally
- Dictate to someone while they write down your thoughts
- Use verbal analogies, and story telling to demonstrate your point

Kinaesthetic Learners

**learn through , moving,
doing and touching...**

- Take frequent study breaks
- Move around to learn new things (e.g. read while on an exercise bike, mould a piece of clay to learn a new concept)
- Work at a standing position
- Chew gum while studying

- Use bright **colours** to highlight reading material
- Dress up your work space with posters
- If you wish, listen to music while you study
- Skim through reading material to get a rough idea what it is about before settling down to read it in detail.

Feedback

&

Reinforcement

- Two of the most pivotal concepts in learning.
- Feedback involves providing learners with information about their responses
- Reinforcement affects the tendency to make a specific response again.
- Feedback can be positive, negative or neutral; reinforcement is either positive (increases the response) or negative (decreases the response).
- Feedback is almost always considered external while reinforcement can be external or intrinsic.

Web Resources

Medipix: <http://rad.usuhs.mil/medpix/>

Emedicine: www.emedicine.com

www.pain.com

Learning...

<http://tip.psychology.org/index.html>

Visual Minds: www.visual-minds.com

Resources

- Visual Minds
- Making The Most Of Your Mind
- Mind Mapping