



LEARNING STRATEGIES REPORT(STUDENT)

for

Sample Student

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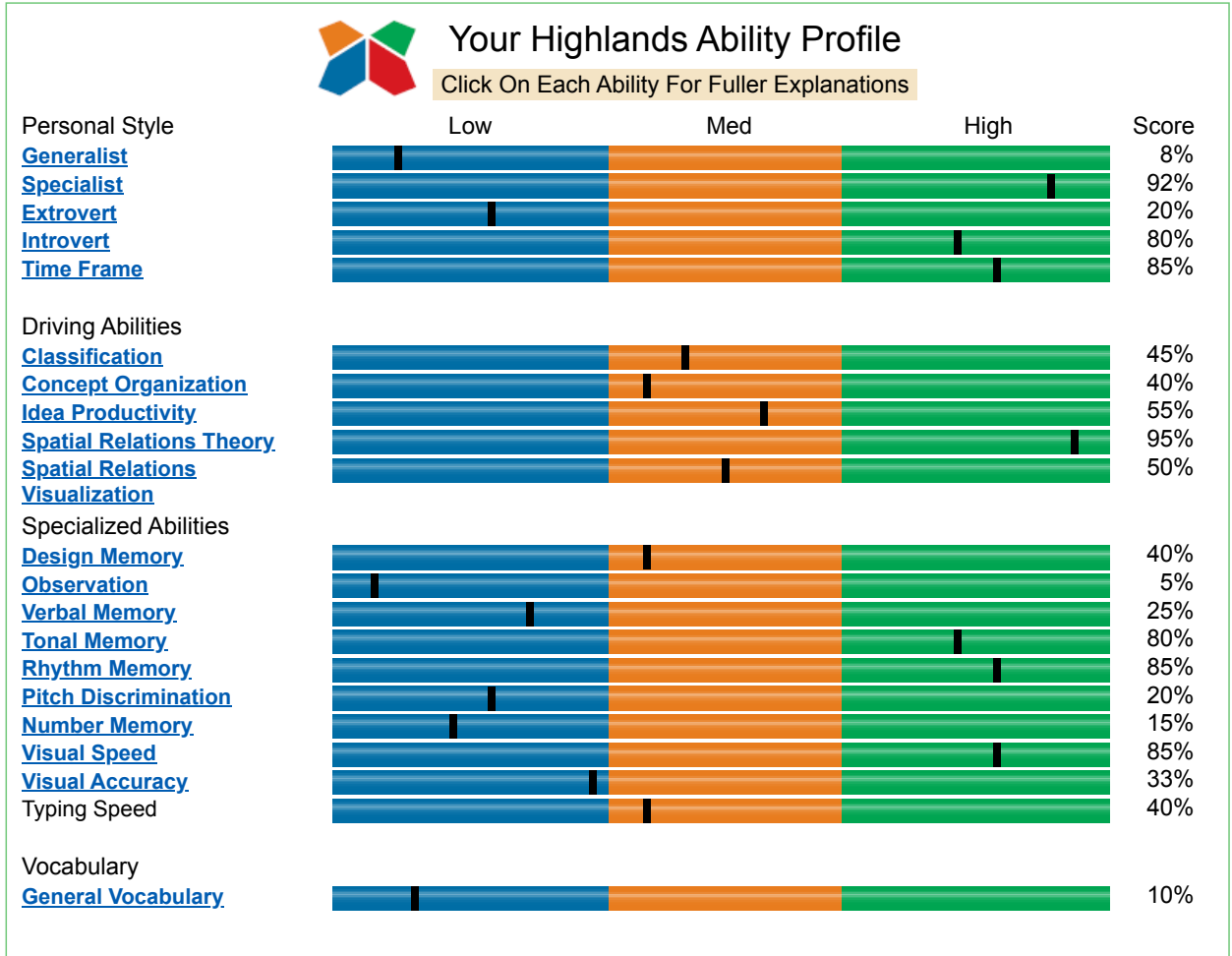
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LEARNING STRATEGIES

This key dimension of school and work life refers to how you take in new information. Understanding your learning channels helps you identify what you need to do to facilitate learning and to remember new information. Knowing about how you learn best - through reading, listening, diagrams or a combination of these - also enables you to request information in particular formats. Understanding your learning channels can help you understand more about yourself: why you enjoy having reading material around; why you remember data better when someone shows it to you on a graph; or why you remember more when you hear someone speak on a topic than when you try to read about it.

You can help yourself a great deal when trying to learn new material by utilizing more than one learning channel. For example, if you need to remember a complex written description of a concept or process, you can read and reread the written text, draw a picture representing what you need to remember, say it all aloud, or even act it out. This will bring all the learning channels into play and dramatically increase your retention of the material. In all, we measure five learning channels: Verbal Memory; Number Memory; Tonal Memory; Design Memory and Rhythm Memory.

In this section of the Report, we list those results which have relevance in your learning process.

V. How You Learn

<p>Kinesthetic Learning Rhythm Memory Low Med High</p>  <p>85%</p>	<ul style="list-style-type: none"> Using physical movement is a primary learning tool for you Learn the meaning behind facial expressions and body movements Respond to the natural demand for physical activity Instruct your friends and classmates by physically demonstrating an activity Remember that your classmates may have different learning styles
<p>Learning By Listening Tonal Memory Low Med High</p>  <p>80%</p>	<ul style="list-style-type: none"> Listening/hearing is a primary learning tool for you Relative fluency in a foreign language is likely manageable Speak with others face-to-face while allowing for differences in learning styles Read important documents and communications aloud Listen to audio books, lectures, podcasts, and other auditory sources of information
<p>Image Learning Design Memory Low Med High</p>  <p>40%</p>	<ul style="list-style-type: none"> Learning through graphics and charts is relatively easy for you Explore which occupations use plans, maps, designs, diagrams, or flowcharts often Helpful in many scientific, technical and artistic tasks Communicating with others who also use visual design is relatively easy for you Following directions using maps and visual plans is probably comfortable for you
<p>Learning By Reading Verbal Memory Low Med High</p>  <p>25%</p>	<ul style="list-style-type: none"> Reading may be a relatively slow way for you to learn Give yourself plenty of time when working with written material Read important documents aloud or manipulate the data to use a stronger learning channel Supplement your reading with audio books and podcasts Take good notes and keep them organized
<p>Learning Numbers Number Memory Low Med High</p>  <p>15%</p>	<ul style="list-style-type: none"> Retaining numerical data in your mind may be difficult for you List and memorize the facts and figures you need every day Record important data in an easily accessible source Utilize proven techniques to enhance number memory Seek majors and careers with low dependence on number memory for success

RHYTHM MEMORY

Rhythm Memory is a kinesthetic memory channel. It is the ability to remember and reproduce rhythm patterns and physical movements. It involves large muscle memory and is related to body coordination and motor activities. We use it when we are learning such things as new dance steps; tennis, golf, and baseball swings; football tackling maneuvers; martial arts movements; swimming strokes; and the blocking involved in stage productions. Rhythm Memory is also involved in the larger arm and body movements used in such actions as drawing, painting, and playing musical instruments.

Your Rhythm Memory score indicates a great capacity to learn new information by putting it to a rhythm or actually walking through a process. Rhythm Memory engages the large muscles of the body, so once you have walked through a sports play, for example, you will understand it better. You can use this ability to learn by setting factual information to a beat to reinforce it.

SUGGESTIONS FOR MAXIMIZING YOUR RHYTHM MEMORY

- Add movement to anything you are learning, i.e., walk, dance, use a treadmill or stair-stepper while you are memorizing or studying.
- Even in class, finger-tapping, foot jiggling, or other inobtrusive movements can aid kinesthetic memory without distracting others.
- The physical movement associated with writing will help you remember what you are writing.
- If you are learning any kind of complex sequences, act them out.

HOW DO YOUR OTHER ABILITIES IMPACT YOUR RHYTHM MEMORY?

Your preference for Introversion-

- Helps you to maintain your energy when you spend time alone.
- Allows you to enjoy extended periods of time spent alone, practicing athletic or artistic techniques, or acting out information you are learning.
- Participation in large classes or groups can make it difficult for you to gain the training and information you need and, at the same time, keep your energy level up.
- Suggestion:
- Try to alternate group-learning activities with time alone. When possible, get one-on-one instruction or attend small classes.

Your Tonal Memory can enhance Rhythm Memory when you add songs, raps, and tunes of any kind, to physical movements you are trying to remember.

Your Classification level presses you to make connections quickly and jump to conclusions, thus making it difficult for you to concentrate long enough on the physical movements you are learning to learn them thoroughly. You are likely to want to learn something new, rather than go over the same material to get proficiency, so you can easily get impatient and want to go on to something else rather than finish the task at hand. Because learning something rapidly does not mean you have learned it well, you should discipline your learning process to become proficient (i.e., practice, practice, practice!).

Suggestions:

- Be aware of your quick mental leaps and desire to move on to something new. Slow yourself down consciously to give yourself time to think about what you are learning.
- Recognize that you may be very good at something quickly, but be unable to sustain your good performance.
- To maintain proficiency in a task, you may need you to repeat the task many times.

Your Idea Productivity level can produce distracting ideas, and your strong need for physical movement can make it difficult to focus and concentrate.

Suggestion:

- Edit and screen your ideas and learn relaxation and focusing techniques. Find a creative outlet for Idea Productivity.

TONAL MEMORY

Tonal Memory is the ability to remember what you hear. This ability relates to being able to learn vocabulary words and to reproduce the accents of languages and dialects. It is actually the ability used to remember and reproduce sequences of sounds, such as words, sentences, musical tunes, and any other mechanical or natural sounds.

Tonal Memory is referred to as true musical ability: people who have medium to strong scores can easily reproduce musical tunes, as well as other sound sequences, from memory. As a purely musical ability, it has application in singing and playing musical instruments without looking at musical notes (playing by ear).

Your strong Tonal Memory score indicates a powerful ability to recall what you hear. It indicates that in a meeting you may need to take very few notes and will be able to recall the flow, as well as content, of the proceedings. You may find that you recall lines of dialogue from movies or performances. You may also find it quite easy to reproduce sounds and sequences of sounds. This is helpful in music as well as in learning a foreign language.

SUGGESTIONS FOR MAXIMIZING YOUR TONAL MEMORY

Keep in mind that if Tonal Memory is a primary learning channel, you need to find and use resources to let you hear whatever you are trying to learn.

- Don't miss class lectures (especially if Verbal Memory is limited)! Going in class and hearing the information can save you time later.
- Take courses in the "hearing" formats when possible, i.e., lectures, seminars, and discussions.
- Record lectures and listen to the audio recordings for review. Since there is a significant drop in memory after 24 hours and then another drop after two weeks, listen to the recording soon after the class and again during the next two weeks. The early and frequent review will help you retain the material.
- Listen to audio books when available.

- Learn to ask instructors (or anyone) to repeat information for you until you have understood it.
- Read over introductions, look over bold-faced terms and read summaries.
- Make time to listen often and repeatedly to material you are in the process of learning.
- Make use of your own voice to get information into hearing form.
- Repeat to yourself anything you want to memorize (i.e., talk to yourself). Repeating the information in your own words helps with long-term memory.
- Read your class notes, textbooks, and other written information out loud to yourself or onto an audio recording to listen to later. Try reading textbooks onto a voice recording so that you can use your Tonal Memory for later reviewing.
- Record summaries and major points of information for quick review.
- Study with a partner (or a group) who will repeat information out loud to you. Be sure to discuss the major points and even record the discussion if possible.
- Put any information into tune, rhythm, or rhyming form, i.e., songs, raps, chants, or rhymes. This may be especially helpful when you are learning totally unfamiliar lists of terms or facts.
- Associate tunes or tone sequences with anything you are memorizing. Just as a sight-impaired person can learn telephone numbers by memorizing the touch tone sequence of sounds, you can associate tonal sequences with other information you want to remember.

HOW DO YOUR OTHER ABILITIES IMPACT YOUR TONAL MEMORY?

Your preference for Introversion helps you-

- Sustain your energy when you spend time alone studying or listening to information.
- Use information from recordings or discuss information with another person or small group.

Your preference for Introversion can also make it difficult to take in information in large groups, especially if the groups are unstructured.

Suggestions:

- When possible, take small, structured classes, seminars or tutorials.
- Create your own small study groups where there is some organization (i.e., everyone doesn't talk at once, there is a specific agenda, etc.)
- Practice "going inside" or mentally detaching from large groups so that you can integrate information inwardly.
- Schedule alone time between large classes for processing information and energy renewal. Use time alone to re-listen to recordings of lectures or notes.

Your score in Classification enables you-

- To quickly understand the significance of what you are hearing.
- To grasp the facts, summarize the information, and come to conclusions without having to hear every word being said, or take the time to logically think things through.

Because you like to make connections quickly, and to jump to conclusions about the things that you hear, you may become impatient, finding it difficult to slow down and listen. Since you prefer to learn something new rather than review information you have already heard, you must learn to discipline yourself to focus on the material you are hearing in order to learn it well.

Suggestions:

- Be aware that your quick conclusions about what you hear are not necessarily right. Experience and education determine the quality of your conclusions.
- Develop patience and discipline to help you listen carefully and repeatedly to difficult material.
- When listening to lectures, resist the temptation to interrupt or leap ahead and ask questions before the speaker has finished his or her thought. Try jotting down your questions and asking those that remain unanswered when the speaker is finished.
- Record lectures and schedule time to review what you have heard.

Your score in Concept Organization helps you mentally organize and order what you are hearing into outline or other easy-to-remember forms.

Your score in Idea Productivity supports your Tonal Memory by helping you quickly come up with many possibilities and creative associations to help you remember what you are hearing. Learn to channel this flow of ideas into producing real and imaginary examples to illustrate what you are learning. (The more unique or outrageous the example, the easier to recall!)

Your limited Observation means you-

- Are relatively unlikely to be visually distracted by what is going on around you, and therefore, can enhance Tonal Memory.
- Can focus on what you are hearing.
- Can listen to your recordings tapes for learning information in a variety of environments (jogging, riding in your car, etc.) without being distracted.

Although your level of Rhythm Memory can cause you to be physically restless and distracted when you are trying to focus on hearing information, you can also make it work for you.

Suggestions:

- You can use small movements (without disturb others): swinging your feet, quietly tapping fingers or feet, and rocking.
- When you are listening to taped information, you can enhance the power of your Tonal Memory to retain what you're hearing by walking, rocking, dancing, or through any movement.
- You can also use Rhythm Memory to enhance what you hear by translating information into rhythmic devices like poems, raps, songs, etc.
- Get regular exercise daily and especially before long classes or lectures. You can listen to tapes of lectures while walking.
- When possible, get up and move about, take breaks and associate movement with what you are hearing (small movements can aid kinesthetic memory).
- Take taped material on trips. The motion of a car can enhance your learning.