

ADAPTING YOUR STUDY SKILLS TECHNIQUES TO SUIT YOUR LEARNING STYLE(S)

Once you have identified your preferred learning style(s), you can try to adapt your study skills techniques to suit them. There are some constraints here: the way your tutor teaches cannot suit all learning styles all of the time; the same applies to the way your course is structured; and your preferred learning style(s) may not be ideal for all of your study.

However, you should be able to adapt how you study outside the scheduled teaching session, to suit your preferred learning style(s). Here are some ideas.

ACTIVIST

- discuss your work with your fellow students as much as possible
- form a “Buddy Group” to get started on work and discuss it as you go along
- learn to follow guidelines and work in a structured way when you have to - you cannot always work flexibly
- get in the habit of organising your time and structuring your study

REFLECTOR

- work on your own when possible, but be aware that working with others has its advantages
- allow time in your study for adequate reflection, and adjust your study plan/timetable to take account of this
- keep focused on the task in hand - don't go off on a tangent

THEORIST

- work at home in a logical, progressive manner
- follow any guidelines given to you during your course - these should suit you
- however, you still need to develop some independent thinking, in order to take control of your own learning and to become an independent learner

PRAGMATIST

- continue to be practical and realistic
- however, you must also learn to reflect i.e. to stand back and think about what you are doing and how you are doing it