

HONEY AND MUMFORD LEARNING STYLES

Your learning style is the way in which you learn the best. Honey and Mumford identified four learning styles. Below is a brief outline of each of them.

Which learning style(s) are most generally true of you? You may find you prefer one learning style, or a mixture of two or more.

ACTIVIST

- I prefer to learn spontaneously, flexibly and intuitively
- I like to generate new ideas by trying things out and learning from experience
- I enjoy discussions, and usually have plenty to say
- Group and team work suit me

REFLECTOR

- I prefer to learn by watching, listening and reflecting on what I see and hear
- I take my time to come to a decision, when I have gathered all the information I need
- I like to consider all the alternatives and options before I make a decision
- Working alone, projects and lectures suit me

THEORIST

- I prefer to learn things thoroughly, in a logical, step-by-step way
- I like to have clear guidelines about what is required of me
- I apply my knowledge only when I feel I have learned it properly
- Reading, problem solving and discussion suit me

PRAGMATIST

- I prefer to learn by trying things out to see if they work
- I just get on with things, getting straight to the point
- I am practical and realistic
- Practical projects and applications suit me