

LEARNING THEORIES AND LEARNING STYLES

Practice task

PURPOSE OF TASK: To give you an opportunity to work out how you can adapt your study skills techniques to suit your preferred learning style(s).

THE TASK

1. Note your preferred learning style(s), which you identified using the Honey and Mumford learning styles information sheet. [\[link\]](#)
2. Read again the Adapting your study skills techniques to suit your learning style(s) information sheet, [\[link\]](#) concentrating on your preferred learning style(s).
3. In the light of your reading, think about you learn and study now, and whether this suits your preferred learning style(s).
4. Identify how you can adapt the way you learn and study to suit your preferred learning style(s), and create an action plan for doing this.