

Understanding the Process of Learning

In order to understand the learning process, you first need to know:

- Your ability to learn, that is, your strengths and weaknesses.
- Methods that have worked well for you in the past.
- Your level of interest in, knowledge of, and motivation for the subject you wish to learn.

To find the answers to these points, answer the questions in Table 5.

Table 5: Evaluating your learning

Areas	Questions about learning
Past	What was your previous experience of learning? Did you: - like to read and make notes? - recite and memorize? - like to study with someone else?
	In terms of study habits, what are my strengths and weaknesses?
	In the past, did I choose the right conditions to study? Did I follow through? Did I have enough self-discipline?
	What are my learning styles?
Present	How interested am I in this Early Childhood Education Diploma program and the early childhood education field?
	Am I able to give sufficient time to meet the demands of the Early Childhood Education Diploma program?
	Are my circumstances right for my success?
	Do I have a plan? If so, does it take into account my past experience and learning styles?
Level of interest, knowledge and motivation	Why did I choose the early childhood education field? What do I know and understand about early childhood education and related areas?

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Learning Styles

Understanding and knowing your learning style will help you to strength your study skills strategies. There are three basic types of learning styles. You may be one or more of them.

Visual Learners

These learners prefer to see words in a written format, to think in pictures, and to learn from visuals, such as diagrams, charts, overheads, videos, flip charts, handouts, maps, etc.

Activities that help:

- When reviewing class notes; turn words or sentences into charts, diagrams and pictures;
- Sit where you can focus on the Instructor and try to visualize mental images of what the Instructor is saying;
- Use different colours to highlight class notes; and
- When given instructions or directions, make sure they are in a written format.

Auditory Learners

These learners learn best through lectures, class discussions, talking and listening to what others have to say. They have difficulty learning using written information.

Activities that help:

- Work through problems and study information by reading it out loud and through verbal repetition;
- Tape or record classes;
- Participate in class discussions and group activities;
- Talk through problems; and
- Ask for oral explanations to concepts or issues.

Tactile or Kinaesthetic Learners

These learners learn best by experiencing information, that is, they prefer practical hands- on activities. They will often talk with their hands.

Activities that help:

- Perform experiments or lab work;
- Make models and or other hands-on building activities;
- Play games and/or act out ideas through role play;
- Memorize information when walking;
- Trace words or use gestures to review facts; and
- Re-write notes to enhance learning.