

# How Do I Like to Learn?

Adults have different ways they like to learn. Some adults like to read the directions and others put them aside. Some learn best while watching another person and others just want to jump in and try it. What do you think works best for you? Look at the lists below and mark the learning strategies you prefer to use to learn new information.

*feel and see*

## Concrete Experiences

“Let me see what it is.”

“Tell me how it feels.”

I like to:

- |   |  |
|---|--|
| <input type="checkbox"/> listen to other’s stories    | <input type="checkbox"/> work together on practical activities |
| <input type="checkbox"/> understand personal benefits | <input type="checkbox"/> practice with paper and pencil tasks  |
| <input type="checkbox"/> read examples                | <input type="checkbox"/> share experiences                     |

*do, practice*

## Active Experimenting

“Let me do it myself.”

“Let me tell you.”

I like to:

- practice
- get feedback after trying
- review data about how it works
- set goals and timelines
- ask questions
- problem solve

*listen, watch, reflect*

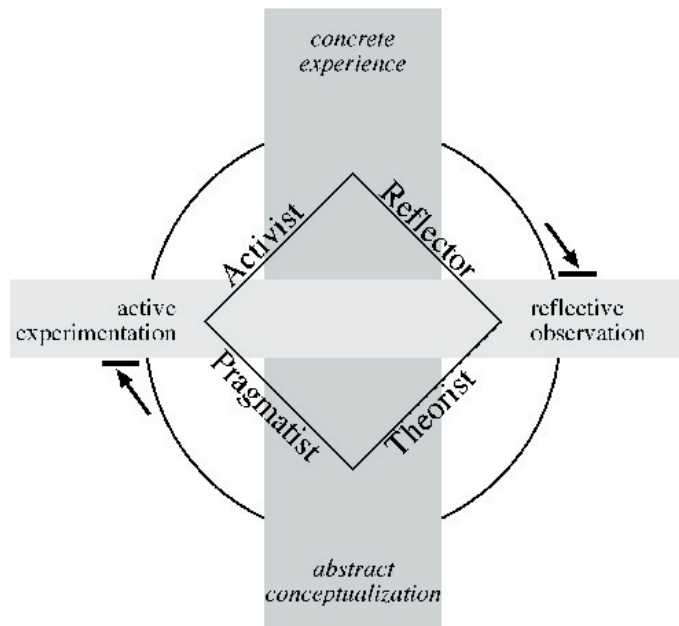
## Reflection and Observation

“Let me watch you.”

“Let me see how this works for me.”

I like to:

- watch you (or video) demonstrate
- listen to your explanations
- problem solve “how”
- read about it
- use checklists
- hear how others do it



*think, analyze, brainstorm*

## Abstract Thinking

“Tell me how it works.”

“Let’s see why and how.”

I like to:

- |   |  |
|---|--|
| <input type="checkbox"/> read           | <input type="checkbox"/> “draw” it out             |
| <input type="checkbox"/> discuss        | <input type="checkbox"/> understand how it works   |
| <input type="checkbox"/> generate ideas | <input type="checkbox"/> find/research information |
| <input type="checkbox"/> gather data    | <input type="checkbox"/> think it over             |