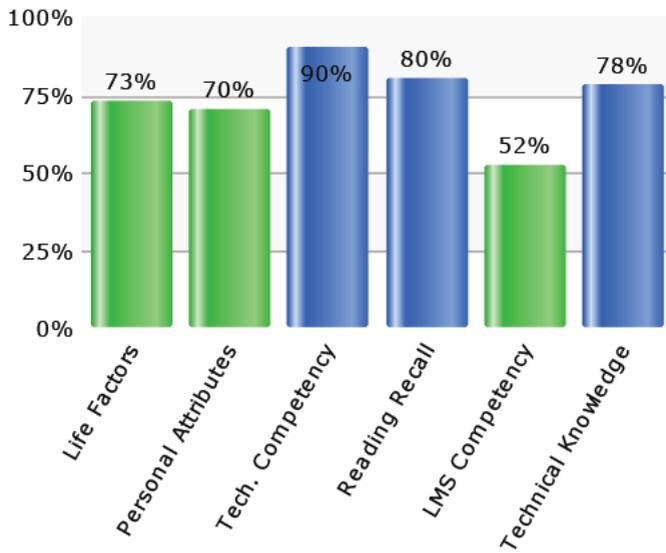
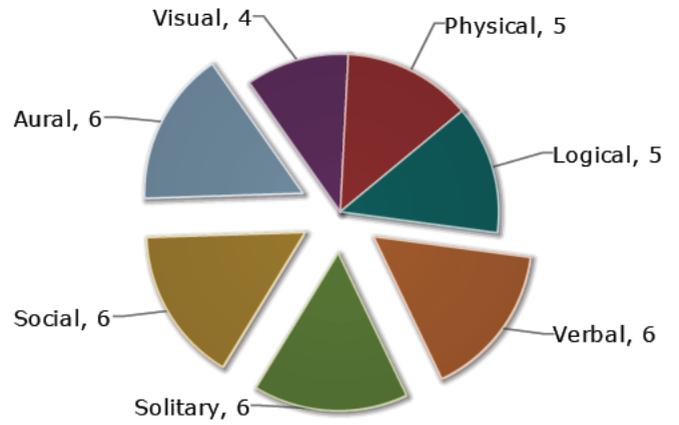


Assessment Summary

General Summary

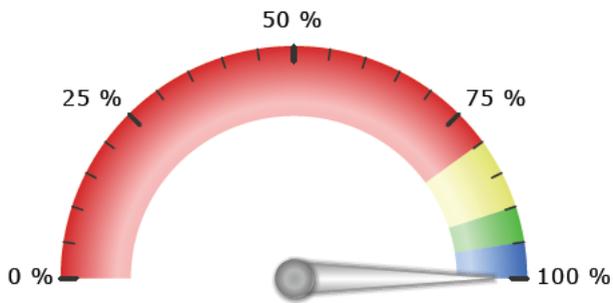


Learning Styles



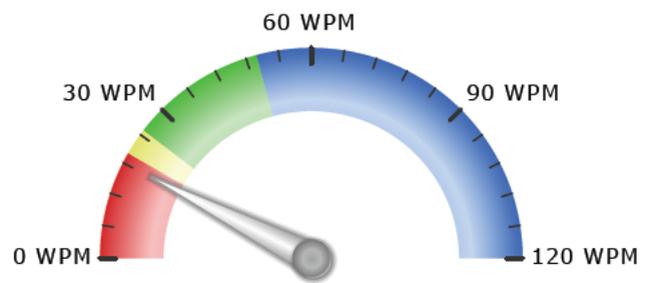
Your primary learning styles are Aural, Social, Solitary, and Verbal

Typing Accuracy



Measured at 100 %

Typing Speed



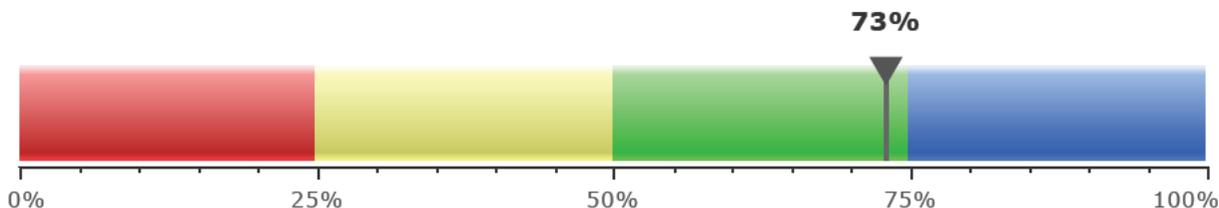
Measured at 18 WPM

Life Factors

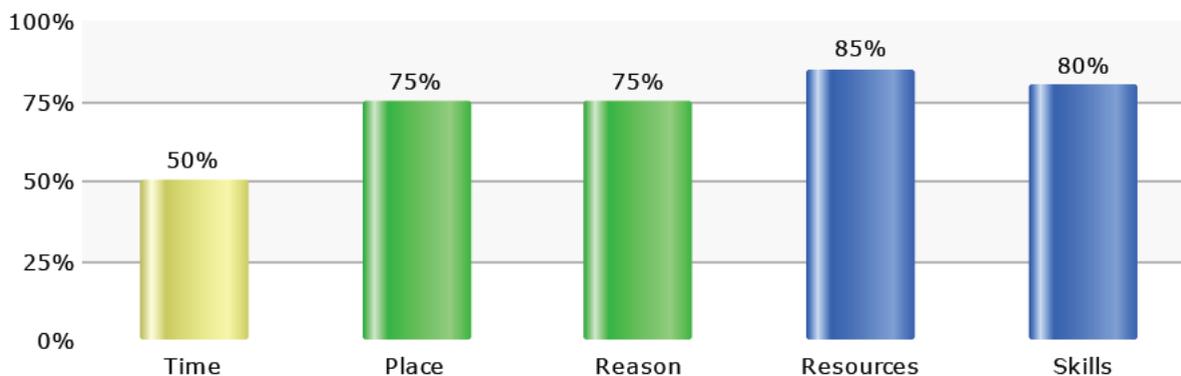
Many students strongly desire to continue their education. However, often other situations in life prevent them from being able to do so. The Life Factors section of this assessment asks questions about other elements in your life that may impact your ability to continue your education. The section measures five items: Time, Place, Reason, Resources, and Skills.

You may be able to modify circumstances which impact some of these life skills. If so, you are encouraged to take appropriate action to help yourself succeed. But some of the circumstances in life may be beyond your control. If this is the case, being aware of these realities and planning accordingly may be beneficial for you.

 The maximum possible score for this section is 100%. You scored a total of 73%. Your results for each of the five areas are below.



Detailed Item Results



2

Time

The amount of time you have available to participate in activities related to your school work is a **reasonable concern**. Your responses indicate that you have several other commitments that require personal time. Continuing your education is not an easy task and you must spend time participating in course activities and studying to be successful. Students often plan to work on their courses late at night after all other daily duties and tasks are complete. This may be the only time of the day that is available, but realize that at that time of the day your mind and body may be exhausted. You are strongly encouraged to examine how you spend your time each day and find periods of time, even if they are small periods, during which you can focus on school work. Take a look at the resources provided below. They contain several practical suggestions about how you can effectively budget your time for school work.

A generally accepted rule of thumb for time spent with college classes is that you should expect to study about 2 to 3 hours per week for each unit of credit in a typical 16 week class. Based on this rule of thumb, a student taking 15 credit hours should expect to spend 30 to 45 hours each week with school work. Realize that this is similar to the time required of a typical job. Continuing your education requires a substantial investment of time. Of course, if you are working while you attend school, you will need to budget your time carefully. As a rough guideline, your studying time might be divided as follows.

If your course is	time for reading the assigned text (per week)	time for homework assignments (per week)	time for review and test preparation (avg. per week)	total study time (per week)

3 credits	1 to 2 hours	3 to 5 hours	2 hours	6 to 9 hours
4 credits	2 to 3 hours	3 to 6 hours	3 hours	8 to 12 hours
5 credits	2 to 4 hours	4 to 7 hours	4 hours	10 to 15 hours

3

Place

Your answers indicate that having an identified, appropriate place to study is a **minor concern** for you. It is good that you have thought about the places at which you can study. Now you may need to communicate to others about your plans and how you would appreciate their respect of your privacy while studying. Review the resources below for helpful tips on places to study.

Here are some helpful hints about creating an appropriate place to study. (1) Find an environment that suits you. Some persons prefer silence and some prefer background noise. (2) Select a comfortable place, but not so comfortable that you will fall asleep. (3) Claim the space as yours. Inform others the space is your study area and they are not to disturb items or you while in the space. (4) Avoid common areas such as kitchen tables or den couches. (5) Avoid multi-tasking. While you are studying close your email and do not participate in social networking. (6) Feed your stomach then your mind. If you are hungry you may not be able to focus and may be tempted to take frequent breaks to snack. (7) Be supplied. Keep all of the supplies such as pens, paper and highlighters at your study space. (8) Have a bright idea. Make sure that your study space has appropriate lighting.

3

Reason

Your answers indicate that your reasons for going to school may be a **minor concern**. You have thought about the benefits and the sacrifices involved in continuing your education. Going to school may be a top priority for you now, but keep on your guard so that other factors don't compete with the desire to improve yourself through education. Review the resources below to learn about ways to keep yourself motivated.

Several research studies have shown that the more education a person has, the more annual income they generate and the better their quality of life. Today, a college degree is an essential ingredient. Employers frequently use degrees as a way to screen applicants. Then even after you get the job your salary may be reflective of your educational credentials. On average, a person with a Master's degree earns \$31,900 more per year than a high school graduate—a difference of as much as 105%! So keep yourself motivated and your eyes on the prize.

4

Resources

Your answers indicate that resources such as support from family, friends and your employer are **not much of an issue for you**. Consider yourself fortunate and write a letter of appreciation to any people who are being supportive of your decision to go back to school. Review the resources below for more helpful ideas on finding support for going to school.

To be successful, you really need the support of others and the appropriate resources. To make sure that you have access to the financial resources to continue your education, talk to the financial aid office at your school. If you are concerned about having the physical stamina, consider getting a physical exam from your doctor. If you have family or friends who can support you in ways such as childcare, have a discussion with them about your plans for going to school and express how you would appreciate their support. If appropriate, have a discussion with your employer. Ask if the company has an educational reimbursement plan and any policies regarding studying while on the job or during breaks.

4

Skills

Your responses to these questions indicate that you are **confident in your academic abilities**. Many schools provide organized peer tutoring services. You are encouraged to consider volunteering in a program like this to assist other students. You might also want to review the resources below for more information on being academically successful.

College is where you become more intelligent. You are not expected to be a genius to get in, just

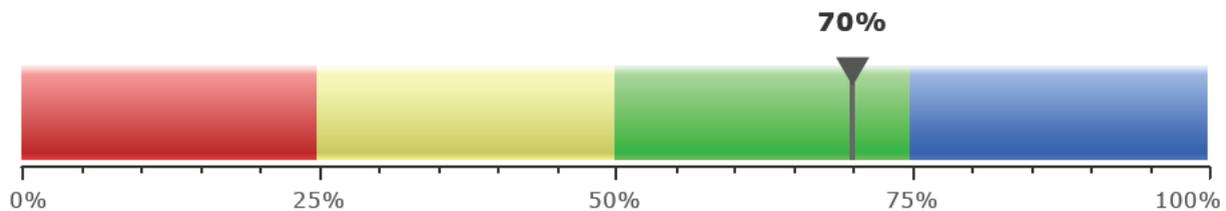
prepared enough to know how to work and willing to make the necessary sacrifices of your time and energy. Do you know how to study? Can you stick with a task until it is finished? Being successful in college is often as much attitude as aptitude.

Individual Attributes

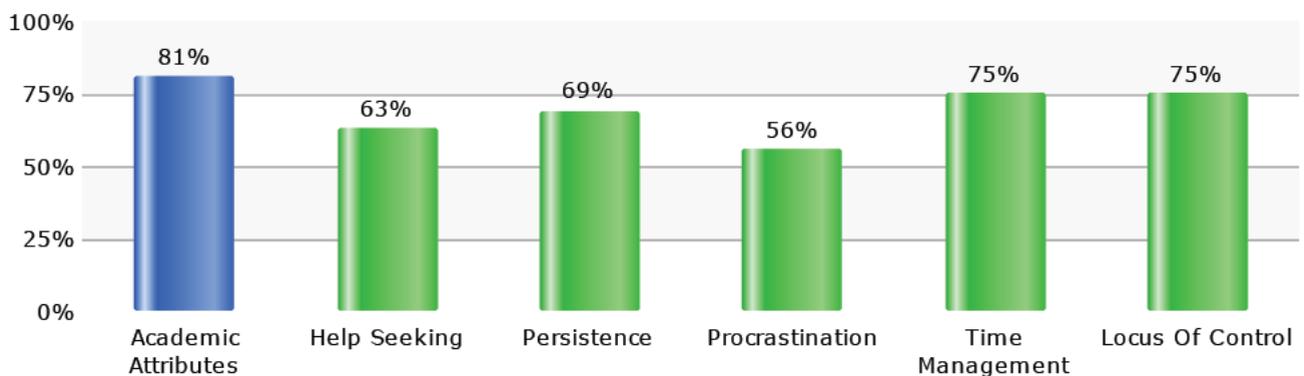
This section measures six items: time management, procrastination, persistence, academic attributes, locus of control, and willingness to ask for help. These attributes can be enhanced or improved through academic interventions. Ask your faculty member or academic advisor about the resources for remediation and/or support which your school may provide.



The maximum possible score for this section is 100%. You scored a total of 70%.



Detailed Results



4

Academic Attributes

Academic attributes reflect your history of success with academic pursuits as well as your perceived ability to perform well academically. **Your prior academic history indicates that you should not experience academic challenges.** Keep up the good work!

3

Help Seeking

The Help Seeking category reflects your willingness to ask for help when you encounter a problem. It is very important that you seek help from the faculty member or other appropriate person when you are confused about the course content. **Your score indicates that you are moderately comfortable seeking help.** When you experience problems in your courses, do not waste time, but seek help soon.

3

Persistence

Persistence is a measure of your likelihood to finish what you started. **Your score indicates a moderate rate of persistence based on your prior experience.** During your courses you may have feelings of isolation or feel overwhelmed. At these times don't allow yourself to become discouraged and entertain ideas of dropping out. Hang in there!

3

Procrastination

Procrastination is putting off until tomorrow what could be done today. It is easy to delay starting work on assignments. **Your score indicates that you are somewhat likely to procrastinate.** You are encouraged to get started immediately on course assignments. Imagine how good it would feel to

complete an assignment early.

3

Time Management

Courses have differing expectations regarding attendance and/or participation. However, a significant amount of time is still required each week for reading course materials. **Your score indicates that time management could be a problem for you.** It is recommended that you carefully read the course syllabus, then get a calendar and plan the due dates for all of your assignments. Plan for a specific number of hours each week to work on course assignments.

3

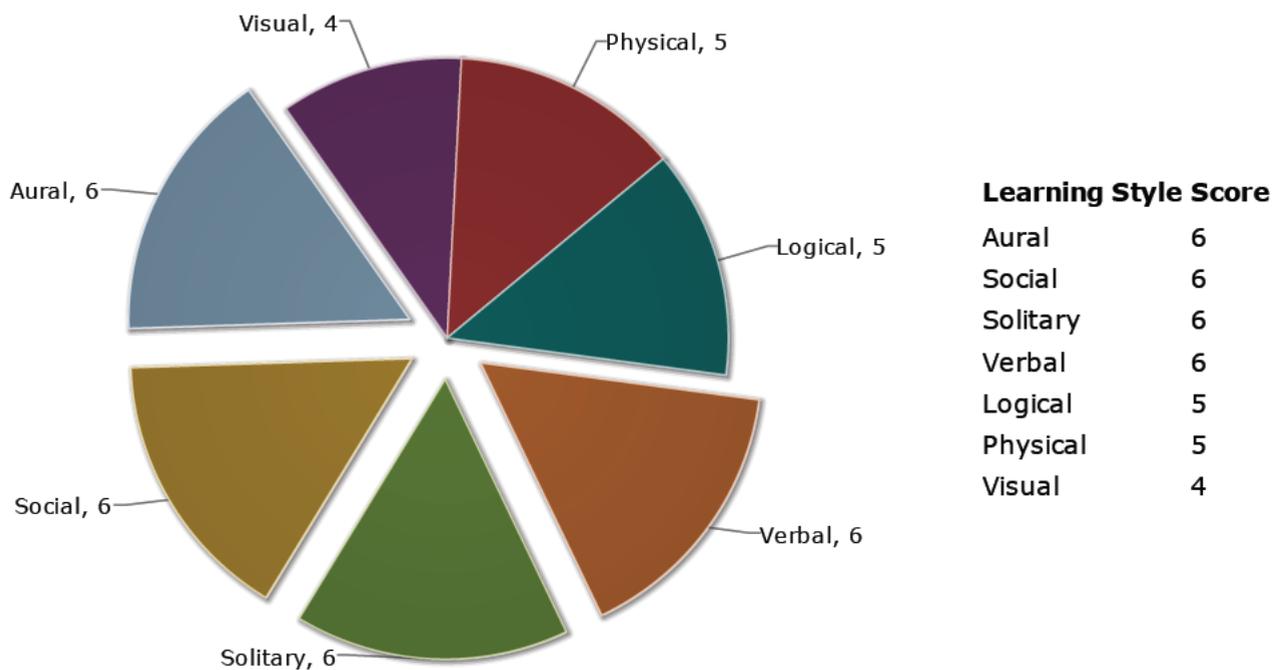
Locus Of Control

Locus of Control is a measure of the degree to which you feel that you are in control of what happens to you. A person with high (internal) locus of control believes that their experiences are controlled by their own skill or efforts. **Your score indicates a moderate degree of locus of control.** This may leave you having feelings that regardless of your efforts, your grade will mostly be determined by how much the teacher likes you or just fate. You are encouraged to periodically discuss your performance in the course with your faculty member.

Learning Styles

People learn differently. Some people are very comfortable reading large amounts of text. Others are more comfortable listening to someone speak or writing things down for themselves. A person's preferred "learning style" is the approach to learning that feels most natural to them. It is based on a combination of their experiences, strengths, weaknesses, and preferences. Everyone has a mix of learning styles, and some people have strong, dominant learning styles. There are no "right" or "wrong" learning styles. Most people tend to adapt their learning style to the context of learning. With practice a person can strengthen themselves in the learning styles that are least comfortable for them. When a person recognizes the learning styles that work best for them, they can then make a better informed decision about the ways that they approach learning new things.

i Your primary learning styles are Aural, Social, Solitary, and Verbal. You can view more information about each learning style in the expanded learning styles details located in the Appendix.



About Your Primary Styles

- Aural (auditory-musical) - You find that using sound and music in your learning environment is a good strategy.
- Social (interpersonal) – You feel most comfortable learning when you are surrounded by others.
- Solitary (intrapersonal) – When it is time to focus on a learning task, you prefer to be alone.
- Verbal (linguistic) – You prefer to be able to describe the new information that you are learning by using words.

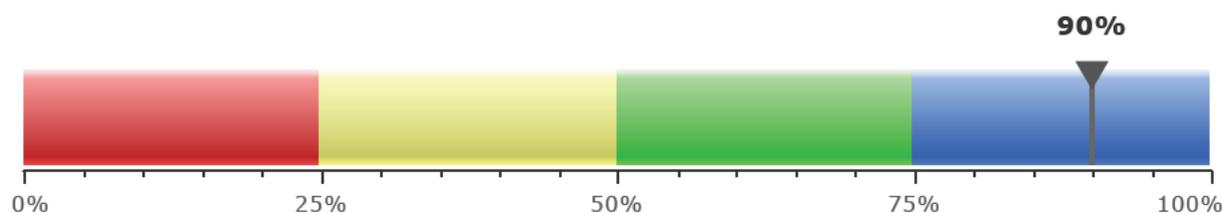
i REMINDER: You can view more information about each learning style in the expanded learning styles details located in the Appendix.

Technical Competency

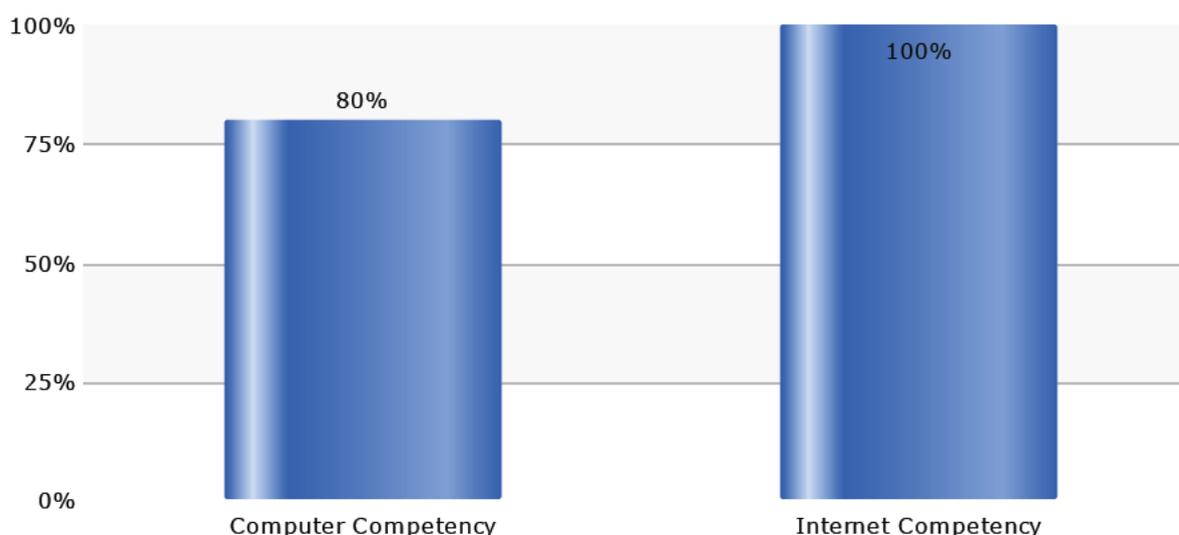
In order to participate in class, a student must have some way to get to the classroom. A student in a traditional class may drive a car on a highway to attend class, but a student in an online course "drives" a computer on the Internet (the Information Highway) to "attend" class.



The maximum possible score for this section is 100%. You scored a total of 90%.



Your score indicates that you have most of the basic skills needed to participate in your courses.



4

Computer Competency

Your responses indicate that you have had some experience using a computer but that there are still some computing skills that you can sharpen. You may find it difficult to complete assignments in your courses if you need to spend time learning how to use the computer. (Imagine if you had to drive a car to a class, and you started learning to drive on the first day of class!) You may want to consider becoming competent in basic computer skills, such as printing and opening and saving files, before you commit yourself to a course. Here are a few sites that offer free computer tutorials:

- <https://edu.gcfglobal.org/en/basic-computer-skills>
- <https://edu.gcfglobal.org/en/googledocuments>

4

Internet Competency

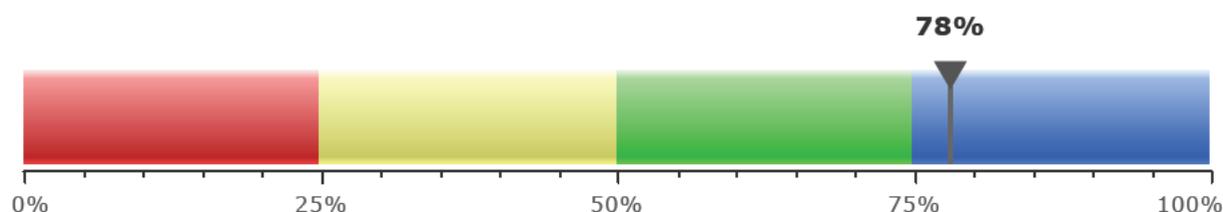
Your responses indicate that you have considerable experience using the Internet. These skills will serve you well as you are continuing your education. However, there are always new and more powerful services becoming available on the Internet. You are encouraged to take the time to use resources such as <https://edu.gcfglobal.org/en/internetbasics/> which offers several free tutorials on using the Internet.

Technical Knowledge

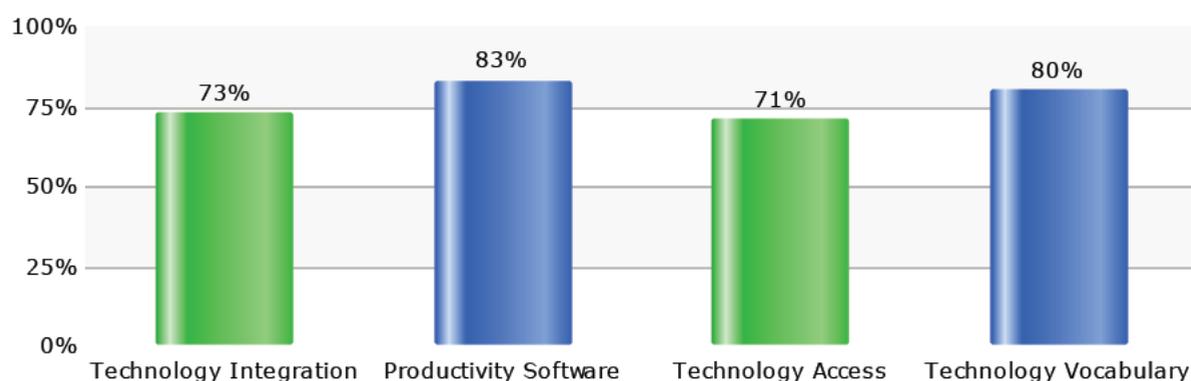
Having access to appropriate technology and possessing skills in the use of that technology is important for all learners. This section of the assessment measured your levels of skill, knowledge and access to technology. Your scores in the following four areas are presented below: productivity software, technology integration, technology vocabulary, technology access.



The maximum possible score for this section is 100%. You scored a total of 78%.



Detailed Item Results



3

Technology Integration

Compared to other students, you reported a **moderate level of technology integration**. Persons who regularly use several items of technology and who regularly complete tasks online such as shopping, banking and social networking will have the experience needed to be comfortable and confident taking courses utilizing technology. With this level of usage of technology in your regular routine you should be comfortable learning by using technology for learning. However, try to stay informed about emerging technologies and learn to use them to your benefit. You may also benefit from reviewing the technology tutorials provided below.

4

Productivity Software

Compared to other students you reported a **high level of skill** with productivity software. Productivity software includes applications such as word processing, creating presentations, using spreadsheet and video editing. Your high level of competence and confidence in using productivity software will be an asset as you take your courses. Even skilled students can learn from further instruction. You are encouraged to review the technology tutorials below.

4

Technology Vocabulary

You are at the highest level of technology knowledge on this scale. In courses some of the terms used on this assessment may be regularly used. You will be expected to know what the terms mean and how their meaning impacts your ability to learn. With your level of knowledge of technology information you should be able to excel

in online or technology rich courses.

Technology Access

Question: Select the type of computing device from the list below that will be the PRIMARY device you use for taking courses.

You reported that a **smartphone** will be the primary computing device you use for taking your courses. The primary benefit of a smartphone is portability and almost constant accessibility. A smart phone can be used even when you are sitting in a small area such as on an airplane or in a car. Most smartphones also provide wireless Internet access, so you can stay online even while moving. The main disadvantage of using a smartphone is the small screen size. Additionally, you may be asked to install software for use in your education that may or may not be compatible with your tablet. You should strongly consider obtaining a secondary computing device such as a desktop computer or laptop to supplement the use of the tablet.

Question: Select the item below which best describes your access to the PRIMARY computing device you will use to take courses.

You indicated that you will use a **public computing device** as the primary computing device which you will use to take your courses. One can take online or technology rich courses if they do not own a computer by using a public computing device at a library, school or coffee shop. One of the disadvantages of this approach is that this organization may control what software can be installed on the device and/or what resources you can use on the device. You will find it much more convenient if you purchase a computer for your own use. If you are receiving federal financial aid most institutions allow you to use that money for the purchase of a computer. Basic computers are much less expensive than they used to be. Entry-level computers can be obtained for just a few hundred dollars. If you are purchasing a new computer explain that you will be primarily using the computer to take college courses. Don't allow the salesperson to sell you more features on the machine than you really need. Also, don't forget to look around in your area for used computers which can be much less expensive.

Question: Select the statement that best represents your typical access to the Internet.

You indicated that you connect to the Internet via a **wireless Internet service** such as smart phone or other wireless device like a tablet. This form of Internet connectivity is the most convenient but be sure to be aware of the data limits on your account. There are often substantial financial penalties when a person uses more data than they purchased in their account. You are also strongly encouraged to make sure that your wireless device is not using mobile data, but the wireless data provided by public places such as restaurants and your school's campus when you are at these locations.

Question: How many types of computing devices from the list below that you have access to and that you could use for your schoolwork?

- Desktop computer
- Laptop computer
- Tablet computing device
- Smartphone

You indicated that you have access to **two computing devices** for use with your school work. This is good because if one device become unusable for some reason, you have the other device as a backup. It is also good that you are skilled in the use of more than one type of computing device as they each have their strengths and weaknesses.

Question: How many computing platforms from the list below on which you feel competent enough to utilize in your role as an student?

- Windows
- Mac
- Linux
- Chromebook

- Android
- iPad/iPhone
- Other

You indicated that you are familiar with **multiple computing platforms**. Consider it a strength that you will have options for accessing course content in more than one platform. Occasionally a faculty member or student will distribute a document or other digital object that they created on one platform that is not easily accessible on other platforms. Your knowledge of more than one platform may be useful in opening multiple types of files. You may also benefit from knowing more than one platform when you need to access course content from a public place such as the business center in a hotel. Consider these benefits of each of the following computing platforms:

Windows: Devices running windows are often less expensive than some other platforms and a vast amount of compatible software is available for the platform.

Mac: Macintosh devices are known for being very user friendly and less susceptible to computer viruses than some other platforms.

Linux: If you have made the choice to run a Linux operating system you are likely already aware of its advantages of being a secure, customizable, open-source operating system.

Android: The Android platform is known for providing a vast library of compatible applications that often are less expensive than apps on other platforms. Users also enjoy the ability to customize the user experience.

Chromebook: The purchase price for these devices is typically much less expensive than other devices and the platform is known for being fast and reliable.

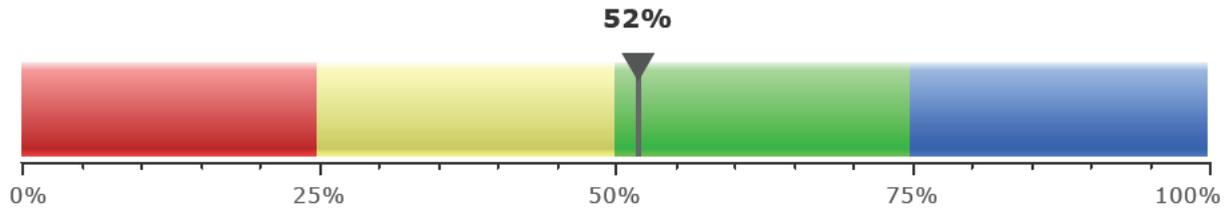
iPad/iPhone: Users of the iPad/iPhone platform enjoy its ease of use, visual appeal, and consistent user experience.

LMS Competency

A Learning Management System (LMS) is a commonly used, online technology for learning. As a student you may use the LMS provided by your school to view course content, submit assignments, take tests, receive your grades, as well as communicate with your instructor and other students. You may experience much less frustration as a student if you understand how to use the LMS. You may use an LMS while you are taking an online, on-campus and/or hybrid course.



The maximum possible score for this section is 100%. You scored a total of 52%.



3

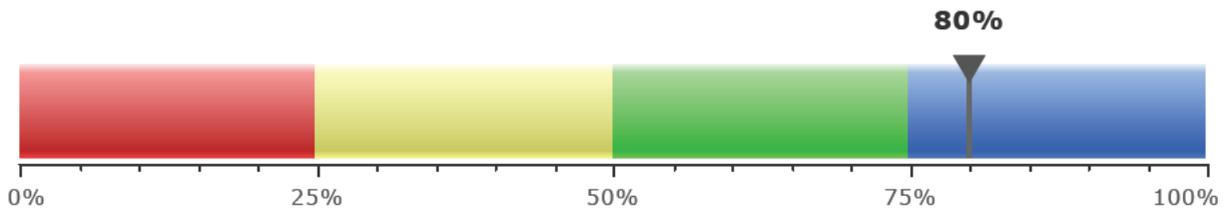
General Competency

Compared to other students, you reported a **moderate level of skill** in using an LMS. It is good that you have some experience in using an LMS. But, your experience as a student may even be better if you learn a few more things about how to best use the LMS for your courses.

Reading Rate & Recall

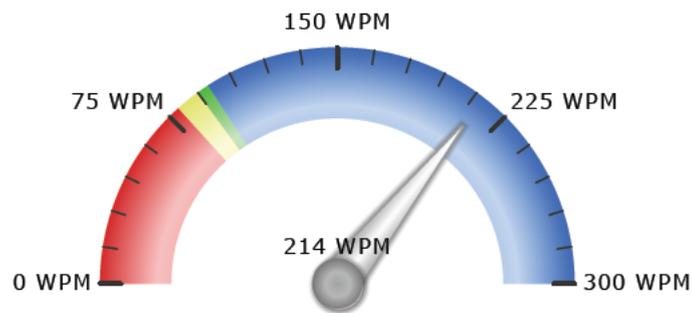
The average adult reading rate for English prose text in the United States is around 250 to 300 words per minute. Research shows that reading is around 25% slower from a computer screen than from paper. Thus you may slightly increase your results to find your speed when reading from paper.

i Your on-screen reading recall was measured at 80% as indicated below



i Your on-screen reading rate was measured at 214 WPM as indicated below

Reading Rate



Typing Speed & Accuracy

A student does not have to be an expert typist to succeed in a course. However, the faster you can type and the fewer errors you make will impact your ability to participate in your courses.

The average workplace typist reaches about 50 to 60 words per minute. The average web surfer comes in at around 30 words per minute, at a peak. Many courses require you to type as you participate in discussion boards, email the instructor, and compose papers. If you type slower than about 20 words per minute, you should consider using a resource such as www.learn2type.com. This resource is the leading FREE Web site that helps you master the skills of touch typing. Whether you're a typing expert or just a "hunt & peck" beginner, the interactive exercises in this Typing Tutor automatically adjust to your skill level. The better you get, the more challenging the typing exercises become. You can come and go as you please and pick up the typing lesson where you left off.

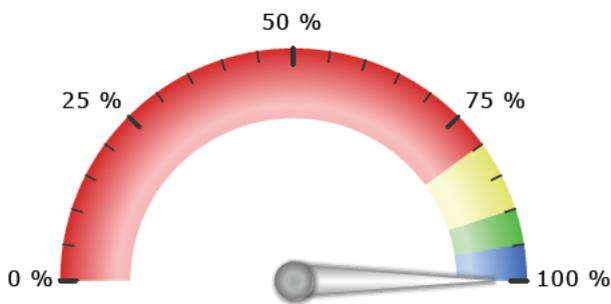
Gross Score: 18 WPM
Total Errors: 0
Net Score: 18 WPM
Time Elapsed: 2 minutes 22 seconds
Characters Per Minute: 115
Accuracy: 100%

Text Given: Probably the greatest benefit of online education is the incredible convenience that it offers. Unlike a traditional class, online courses usually do not have regular meetings. There still may be due dates for assignments and exams, and you may have scheduled chat sessions.

Text Typed: Probably the greatest benefit of online education is the incredible convenience that it offers. Unlike a traditional class, online courses usually do not have regular meetings. There still may be due dates for assignments and exams, and you may have scheduled chat sessions.

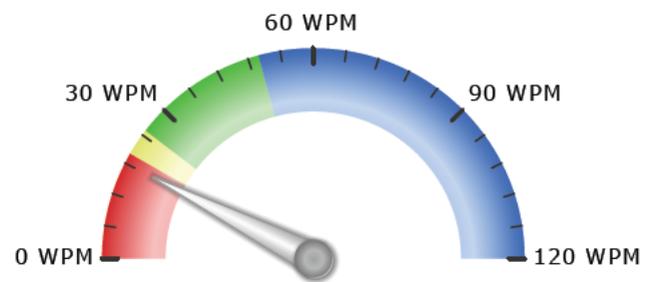
Errors Found: Probably the greatest benefit of online education is the incredible convenience that it offers. Unlike a traditional class, online courses usually do not have regular meetings. There still may be due dates for assignments and exams, and you may have scheduled chat sessions.

Typing Accuracy



Measured at 100 %

Typing Speed



Measured at 18 WPM

Average Typing Speeds

Top 10%	43 - 120 WPM
2nd 10%	36 - 42 WPM
3rd 10%	32 - 35 WPM
4th 10%	29 - 31 WPM
5th 10%	26 - 28 WPM
6th 10%	24 - 25 WPM
7th 10%	21 - 23 WPM
8th 10%	19 - 20 WPM

9th 10%	15 - 18 WPM	<<< Your Score
Bottom 10%	0 - 14 WPM	

Appendix

Account Requested Data

What is your current employment status?

Answer: ██████████

Do you have a parent or guardian that completed a four-year degree at a college or university?

Answer: █

Please select the option that best represents your level of agreement with this statement - I plan to take online courses in the future.

Answer: █████

Resources For Support

A multitude of resources exist on the World Wide Web. Those listed here are just a small sample of what is available in terms of information or tutorials on the topics focused on in this assessment. Some of these sites are free; a few require a subscription or fee. To find more or different information beyond these sites, feel free to perform your own web search.

Life Factors

- [What It Takes To Be A Successful Student](#)
- [Stress Management](#)
- [Finding time to study – Tips from other student moms.](#)
- [The Study Spot: Creating a Place to Get Your Work Done.](#)
- [What good is a college education anyway](#)
- [Eight questions to ask before going back to school](#)
- [Take a free online IQ test.](#)
- [How do you find time to study?](#)
- [Study finds link between Facebook usage and low grades in college](#)
- [Budgeting time for studying.](#)

Individual Attributes

- [Motivation](#)
- [10 Tips to Beat Procrastination](#)
- [Maximizing Your College Experience](#)
- [Study Tips & Note-Taking Strategies](#)
- [Test Anxiety - Strategies To Help You Succeed](#)
- [Time Management](#)
- [Understanding & Conquering Procrastination](#)

Learning Styles

- [Advice on Bringing Your Learning Styles Into Balance](#)
- [Discover Your Learning Style](#)

Technical Competency

- [Microsoft Office Training](#)
- [Outline of Computer Literacy Skills](#)
- [How Stuff Works](#)

Reading Rate & Recall

- [Speed Reading Test Online](#)
- [Reading Rate Test & Improvement Techniques](#)

- [Reading Comprehension Lessons](#)

Typing Speed & Accuracy

- [Interactive Typing Lesson](#)

Expanded Learning Styles Information

Aural

Aural (auditory-musical) - You find that using sound and music in your learning environment is a good strategy.

Do you seem to most often have a "song in your head?" Do you find yourself regularly strumming your fingers or tapping your pencil? Can you sing well or play a musical instrument? Have others commented that you have strong musical abilities? When you hear certain songs, does it evoke strong emotions? If this describes you, then you most likely have an aural learning style.

A person with an aural learning style may often say these phrases:

- That sounds good to me.
- That name rings a bell.
- Your voice is "music to my ears."
- I am "tuning you out."
- I hear you loud and clear.

Implications for learning

So what does being an "aural" person like this mean to you as you attempt to learn new things? One of the most often used advantages is that aural learners can "set facts to music" which helps them to learn the information. Aural learners can often "make up a song" about a concept to serve as a memory aid. Examples of this include "The President's Song" or "The Alphabet Song" which young learners use early in their education.

Another useful technique is to have music playing in the background as you are studying. Aural learners often report that they can focus much better when music is present than in silence. Some even report that during a test they can recall a song that was playing while they were learning certain facts.

Even persons with low levels of aural learning styles may find it useful to think of a popular jingle from a television commercial and "put the facts to music" using the rhyme and rhythm of the jingle as a memory aid.

A final strategy for aural learners is to identify music that motivates them. Perhaps it is a song like "Eye of the Tiger" which stirs motivation. Then when beginning an exam or learning activity, the person can be humming that song to themselves to boost their motivation and confidence.

Social

Social (interpersonal) – You feel most comfortable learning when you are surrounded by others.

Have others described you as a "people person?" Does being around friends seem to energize you? Do you feel sad or fatigued if you have to spend long periods of time alone? Are you the type of person that others come to when they just need to talk about something? Have others commented that you are a good listener or conversationalist? Do you find that studying in a group is beneficial? Does your understanding of something increase when you can "bounce your ideas off of someone?" Do you enjoy games that involve other people? If these ideas describe you, then you have a social learning style.

A person with a social learning style may often say these phrases:

- Let's get together on that.
- We can work it out.
- What do you think about that?
- We do better when we pull together.
- There is no "I" in "team."

Implications for learning

What does being a "social" person like this mean to you as you attempt to learn new things? Try to involve other classmates in your learning process as much as possible and when appropriate. Realize that this may not only help you, but them as well.

Being a social learner has strong advantages and disadvantages. Studying in a group can help you understand things better than perhaps you could on your own. A classmate may phrase something even better than the

faculty member did. The energy and accountability that the group can provide can be a real plus. However, recognize that groups can often be distracted from the task at hand just by one or two persons in the group. Often groups can waste quite a bit of time with "socializing" that is not connected to learning. If you are studying with a group, plan to take frequent breaks to allow for informal and off-the-topic discussions. Then get back on task as quickly as possible.

Many social learners avoid participating in online courses because they fear they will miss the social interaction. While it is true that online courses do not typically provide face-to-face contact, there are many ways in which socialization can occur even in an online course. Ask your faculty member for permission to email the class to form an online study group. Many online courses provide tools such as group chat, discussion boards, and group email functions.

If you find that the tasks associated with continuing your education cannot be taking place in a very social environment, be sure to plan for time away from your studies for social interaction. If you do not, you are likely to get discouraged in your course work.

Solitary

Solitary (intrapersonal) – When it is time to focus on a learning task, you prefer to be alone.

Do you find that you can think best when you are not distracted by others? Have you ever found yourself retreating to a quiet place when it is time to study? Have you ever turned down an invitation to study with a group? Do you consider yourself to be introspective – aware of your own thoughts and feelings? Do you keep a journal or other private log? Are self-help books one of your favorite types of reading? Do you tend to select vacation places that are not too crowded? If these statements describe you, then you probably are inclined toward a solitary learning style.

Contrary to popular beliefs, people with a solitary learning style are not necessarily "loners." In fact they may really enjoy being around others and have many friends. But when it comes time to mentally focus on a task such as studying for a test, people with a solitary learning style feel more natural and can be more productive when alone.

Solitary learners are often typified as being "thinkers." Solitary learners enjoy a peaceful and quiet moment alone with their thoughts. Because of this, they are typically aware of their own thoughts and emotions. They often are highly motivated because they take time to assess their own accomplishments and goals.

A person with a solitary learning style may often say these phrases:

- I just need to get away for a while.
- I need some time to think it over.
- I need some "me" time.
- Silence is golden.

Implications for learning

What does being a "solitary" person like this mean to you as you attempt to learn new things? First of all recognize that there are no "right" or "wrong" learning styles. Often people with a solitary learning style may feel criticized by individuals with "social" learning styles. However, a wise person knows their own preferences and is confident in defending their choices. Express to your friends that it just feels more natural for you to study alone, and you appreciate their understanding of that.

If learning alone feels most natural for you, then plan time to be alone as a part of your educational activities. You may also need to plan for a space which is free from distractions.

Being alone can have advantages and disadvantages. The advantage of being able to focus more may be cancelled by the disadvantage of the lack of accountability. Even if you are a solitary learner, it is good to share your progress with another person so that they can help to keep you motivated. While your "study partner" may not be physically there with you as you study, they can check in on you to make sure that you are staying on task.

If, while studying, you find that you do not understand something, don't spend too much time trying to "figure it out for yourself." Don't hesitate to call someone else such as a classmate or the instructor. This may prevent you from wasting considerable time.

Resist the temptation to use your alone time which should be used for studying for other pleasures such as napping, electronic games, or non-education related reading. Keeping a journal of the amount of time that you spend actually studying may be a beneficial exercise.

Take advantage of the fact that you are alone. This may allow you to talk out loud to yourself as you are studying. You may also find it useful to even role play situations by yourself. You can also use the private time to strengthen your aural learning styles by putting course content to music and singing the songs to yourself to help you remember the information.

Verbal

Verbal (linguistic) – You prefer to be able to describe the new information that you are learning by using words.

Has anyone ever called you a "wordsmith?" Do you excel at word games ranging from crossword puzzles to tongue twisters to word related board games? Do you seem to have a knack for making up rhymes or acronyms? Do you consider your vocabulary to be more robust than most others? Do you look up the meaning of words that you do not know? If these questions relate to you, then you have a verbal learning style.

A person with a verbal learning style may often say these phrases:

- Put it in writing.
- I need to talk to you about something.
- Did you mean to say this word?
- In other words...
- Let me spell it out for you.

Implications for learning

What does being a "verbal" person like this mean to you as you attempt to learn new things? Recognize that being a "verbal" learner can be a real advantage. There are many learning strategies that may come naturally for you and be quite effective. Consider using these learning strategies:

1. Read the content of the course out loud to yourself. Verbal learners pick up on clues when they can both see and hear words.
2. Make use of acronyms when memorizing or organizing content.
3. Talk out loud to yourself and put the course content in your own words.

Logical

Logical (mathematical) – When it comes to understanding and remembering new information, you feel most comfortable when you use logic, reasoning, and systems thinking.

Do you enjoy word puzzles such as crosswords or math puzzles such as Sudoku? Can you conduct basic or even moderately complex math computations in your head? Do you find comfort in setting a financial budget and/or keeping a to-do list and checking things off? Do you often rank-order the items on your to-do list? Do you find yourself sometimes identifying flaws in someone else's reasoning? If these statements describe you, then you have a tendency toward being a logical learner.

A person with a logical learning style may often say these phrases:

- Now that really seems logical.
- It just makes sense to me.
- The facts speak for themselves.
- I am going to check that off my list.

Implications for learning

What does being a "logical" person like this mean to you as you attempt to learn new things? As a logical learner you are naturally inclined to want to understand something rather than just memorizing facts. This can be a strength or a weakness. Use your natural curiosity to deeply understand the concepts in your courses, but don't allow yourself to get too bogged down in something that you do not understand. Some have called this "analysis paralysis." Recognize that at times when preparing for a test, memorization is appropriate.

Use your natural organizational skills for your benefit. Make lists of all the things you need to study, and reward yourself by checking them off upon completion.

A logical person enjoys a mental challenge. If you are feeling mentally fatigued by your course content, it may actually rejuvenate your thinking to take some time out and work a crossword or math puzzle.

Finally, understand that not all people are as logical as you in their approach to learning. You may find that you have completed your assignments far ahead of your classmates. Do not be critical of others if they do not keep up your same pace or use the same orderly process toward learning that you use.

Physical

Physical (kinesthetic) - You like to be actively involved in learning by using your hands, body, and sense of touch.

Have you ever found that you can think clearly when you are exercising or doing something like going for a walk? Do you often find yourself getting up from your desk just to move around? Do you enjoy physical activities like

sports and making things with your hands? If so, then you have a tendency toward the physical learning style.

A physical learning style can exhibit itself in many ways. It may be that you like doing detailed tasks with your hands such as sewing or carving. You may enjoy "getting your hands dirty" with manual labor like gardening. Or it could be that you seem to have a strong sense of feel to notice differences in textures or fabric. You could be the type of person who seems to "talk with their hands." As a child you may have been inclined to take your toys apart just to see how they worked.

A person with a physical learning style may often say these phrases:

- This feels like the right thing to do.
- I can't get a handle on the situation.
- Let's keep in touch
- I follow your drift.
- They need to get a grip.
- That idea just does not sit right with me.
- My gut instinct is...

Implications for learning

What does being a "physical" person like this mean to you as you attempt to learn new things? Some physical learners report that they feel trapped or confined in a lecture classroom. Just listening to someone else talk does not appeal to them. They feel the desire to "get up and move around."

When you find yourself in a lecture class, it should help if you are active with taking notes. The act of taking notes will keep your hands and mind busy. As things are being described try to imagine what they would feel like if you were actively doing them. For example, if you are studying about forests try to imagine going on a hike. Think about the sensations of walking up a steep hill. Imagine how tired your legs and feet would feel. Identify what sounds you might hear and the smells you might encounter.

As you are preparing your study materials, use physical objects as much as possible. This may be in the form of flash cards for math or manipulatives to help you organize mathematical concepts. If you are studying a subject like biology, as much as possible try to actually hold, touch, and feel the objects being studied.

Experiential learning is a beneficial learning technique for all types of learners, but especially for physical learners. Experiential learning is when you get out of the classroom or away from the computer and actually "experience" what you are studying. Reflect on your elementary learning experiences. It may be that you recall the "field trips" as much as any other learning strategies. As an adult learner you may need to craft your own "field trips."

If possible, you may also find it useful to do role playing to "act out" the concepts that you are studying. For example, if you are in a psychology course exploring topics related to hyperactivity, you might benefit from replicating the behavior of a hyperactive person.

Visual

Visual (spatial) – You seem to comprehend new information when you can see a picture or graphic to illustrate it.

If someone asks you for directions, do you tend to draw them a map? Do you typically find that you have a "good sense of direction?" Can you easily remember where you parked your car in a large parking lot? Do you often find yourself "doodling" while taking notes? If these ideas seem to describe you, then you are likely a visual learner.

A person with a visual learning style may often say these phrases:

- Let me show you.
- I can picture it in my mind.
- I can see his face, but I can't remember his name.
- I don't look at it that way.

Implications for learning

What does being a "visual" person like this mean to you as you attempt to learn new things? With the evolution of the Internet, there has never been a better time to be a visual learner. Using a search engine, one can easily locate images and diagrams for most concepts covered in a course. Take advantage of these resources.

In addition to the visual resources which you can find online, there is benefit to drawing things out for yourself and/or visualizing things in your mind. You may find it beneficial to draw concept maps to illustrate related ideas. Make use of your impulse to scribble by producing items that are related to the course content.

Organizing information using colors may be especially beneficial for you. As you take notes, underline or highlight items using colors.

