

Learning Styles

Introductory Bibliography



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Getting to Know The Way They Learn



A Practical Look at Learning Style Strengths

A Presentation at the

**International Conference of Police Chaplains
Northwest Region #2 –
Regional Training Seminar, 2013**

By best-selling author

Cynthia Ulrich Tobias, M.Ed.



CynthiaTobias.com



**Visit Cynthia Tobias
on the web!**

Apple St. LLC (Applied Learning Styles)
PO Box 23162, Federal Way, WA 98093,
253) 988-4120; email: ctapplest@gmail.com

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How I Concentrate Best:



A. I'm usually at my best for thinking:

Early in the morning

Late at night

B. When I'm studying or concentrating:

It helps to eat or drink

I'm distracted by eating

C. When I read or study, the best light:

Bright

Soft or Dim

D. I usually study best in this setting:

Formal desk or chair

Floor, sofa, bed, etc.

E. I can't focus in extreme temperature:

Cold

Hot

What Helps Me Remember Information:



Auditory

(To remember something, I usually need to hear myself say it out loud, discuss it with others, or make a "thinking noise")

Definitely

Sometimes

Never

- Ask me questions.
- Tell me what you want and let me ask questions..
- Use emphasis & emotion in your voice; no monotone.



Visual

(To remember something, I usually get a picture in my mind, draw, doodle, or write it down.)

Definitely

Sometimes

Never

- Show me something as soon as possible.
- Give me a chance to visualize what you're saying.
- Put it in writing whenever you can.



Kinesthetic

(To remember something, I usually need to move around, take short breaks, and take some kind of action)

Definitely

Sometimes

Never

- Let me do something as soon as possible.
- Let's walk or do something while we talk.
- Get to the point quickly.

How My Mind Processes Information:

Analytic

Focus on specific facts; break information down, piece by piece; remember details.

Definitely

Definitely Not

My Strengths:

- Focusing on details
- Doing one thing at a time
- Working independently



My Preferences:

- Having an orderly process
- Knowing what to expect
- Being objective and consistent

My Frustrations:

- Having opinion expressed as fact
- Dealing with vague generalities
- Not understanding the purpose

Global

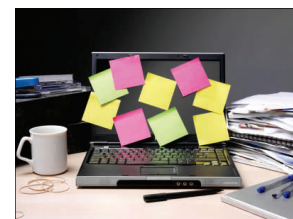
Focus on the big picture, get an overall understanding of the "gist of things", understand things in context.

Definitely

Definitely Not

My Strengths:

- Seeing the overall picture
- Doing several things at once
- Working cooperatively



My Preferences:

- Getting to the point without much detail
- Feeling understood and appreciated
- Flexibility and variety

My Frustrations:

- Having to explain myself
- Not knowing the end result
- Listening to a lot of details



To find out more about identifying your environmental preferences: *The Way They Learn*, pp. 75-85; To find out more about identifying your strongest modalities: *The Way They Learn*, pp. 89-99; To find out more about identifying your naturally dominant cognitive process; *The Way they Learn*, pp. 103-125.