



Community  
HealthCorps

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## Community HealthCorps Member Training

Prescription Name: Introduction to Learning Styles

Date: 2009-2010

Training Format: Traditional Training

This training will help members identify their unique learning styles and discover the ways that they most easily take in and process information. This will also help members become knowledgeable of different learning styles when they are planning trainings and workshops for health center patients and community members.

## Facilitator Guide:

- I. Start this session by briefly explaining Learning styles. Write the underlined key words on a board or large note pad to highlight terminology used to describe learning styles.
  - Learning styles are simply different approaches or ways of learning. They can be described according to the senses of vision, hearing, and touch: Visual Learner, Auditory Learner, Kinesthetic Learner.
  - Another way to describe learning styles is in terms of the learner's approach to learning: Practical, Analytic, Imaginative, Inventive.
  - Still another approach is to connect learning styles to the Myers-Briggs personality framework: Extravert/Introvert, Sensing/Intuition, Thinking/Feeling, Judgment/Perception.
  
- II. Briefly explain Learning Styles #1- How visual, auditory, and kinesthetic learners differ
  - Visual learners learn through seeing
  - Auditory learners learn through hearing
  - Kinesthetic learners learn through touch and movement
  
- III. Pass out Handout #1 and review it together.
  
- IV. Review Learning Styles #2- The four ways learners may approach learning
  - Practical learners who learn through direct experience
  - Analytic learners who learn through exploration of ideas
  - Imaginative learners who learn through the "6th sense"
  - Inventive Learners who learn through experimentation
  
- V. Pass out Handout #2, and review it together.
  
- VI. Briefly explain that Learning Styles #3- Relates the learning needs of individuals to their personality type according to the Myers-Briggs framework.
  - Introversion vs. Extroversion
  - Sensing vs. Intuition
  - Thinking vs. Feeling
  - Judgment vs. Perception
  
- VII. Pass out Handout #3 and review it together.

This resource was pulled from the training session "Beyond Icebreakers and Power Points - Incorporating Principles of Adult Learning into your Training Program" presented by Nancy Henry, Judith Gold, and Nicole Trimble at the National Conference on Service and Volunteerism (June 20, 2006).

## VIII. Additional Activities:

Pass out the *Learning Styles Self Assessment* and have everyone fill it out, discuss the results and what each style type should do to maximize their learning.

Give everyone copies of Marcia L. Conner's article, "Introduction to Learning Styles" to read on their own. (It also contains additional resources on Learning Styles).