

My Learning Style

This lesson is designed to help students understand the way they learn best and use their preferred learning method for academic and career success.

OBJECTIVES

Students will...

1. Explore visual, auditory, and tactile learning styles
2. Identify their preferred learning style
3. Use their learning style to create an academic goal to support high school success

ACTIVITIES

PART 1

Content Knowledge

In this activity, students will learn about the three learning styles: visual, auditory, and tactile. To begin, ask students the following questions:

1. What is a learning style?
2. What are the differences between visual, auditory, and tactile learning methods? You can ask students what they think it means to be a visual learner, auditory learner, and tactile learner.
3. Why is it important to know your individual learning style?

Once students have a baseline understanding of learning styles, divide the class into three groups. Assign each group one of the learning styles (visual, auditory, or tactile). Instruct the groups to create a list of examples of their assigned learning style. For example, visual learners might rely on diagrams and pictures. Auditory learners learn best by reading out loud. Give students 15 minutes to create their lists. Once the groups have finished, allow each group to present to the class. Students should think about all of the examples shared and which examples align most with their learning style.

PART 2

Applying Information

For this activity, students will complete the *My Learning Style Quiz* in MEFA Pathway.

Instruct students to log in to their MEFA Pathway account. From the home page, students should click on *Discover Careers* and scroll down to the tile that says *How Do You Learn Best?* Instruct students to click *GET STARTED* to launch the learning style quiz. Be sure to have students take time to review their results.

After completing the *My Learning Style Quiz*, have students navigate to their *Digital Portfolio* by clicking the link in the top right corner of MEFA Pathway. Once there, have students update their learning style with their quiz results by selecting *UPDATE RESULTS* within the *GET TO KNOW YOURSELF* section toward the bottom of the page.

Grade Level: 9

MEFA PATHWAY SECTIONS WITHIN THIS LESSON:

- My Learning Style Quiz
- My Digital Portfolio
- Goals & Strategies

DOMAIN:

- Social Emotional Learning

TIME:

- 60 minutes

MATERIALS NEEDED:

- Internet connection to work with the MEFA Pathway website

FUTURE READY SKILLS:

- Self-Awareness
- Critical Thinking

VOCABULARY:

- Learning styles
- Visual learning
- Auditory learning
- Tactile learning

Email any questions to:
info@mefapathway.org



LESSON PLAN

Critical Thinking/Creative Application

In this activity, students will use their learning style quiz results to create an academic goal in MEFA Pathway. Instruct students to navigate to the *Goals & Strategies* page under the *Build Career Plan* tab. Have students add a new academic goal based on their learning style quiz results. Students should list some of the learning methods as strategies to complete their academic goal.

For example, students who are visual learners should create an academic goal to explore visual learning methods to support their progress in school. Strategies may include creating flash cards for vocabulary words, drawing diagrams, and using pictures.

Remind students to save their academic goal once finished.

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