



# Learning Style Analysis™

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## Junior

### LSA - Jun Personal Profile

prepared for  
**Sample One**

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This profile allows you to discover your strengths in the 24 basic areas of the Learning Style Model. You will recognise elements which can help you solve problems, concentrate, learn, do your home work and study effectively. You will also discover what does not help you in the learning process.

Factors that determine your success are not only influenced by your unique personality, but also by the physical space where you study and concentrate, the time of day, your biological needs, the environment, and your frame of mind.

When your personal preferences are matched in the environment where you study, and the overall learning conditions in class and at home match your style, they become your strengths and will improve your academic performance. If, however, you learn and study through your non-preferences over longer periods of time, they will become your weaknesses. The result can be concentration problems and learning difficulties.

True style matches always lead to true learning success!

The following key indicates the conditions under which you perform best:

-  = strong preference (always needed)
-  = preference (needed most of the time)
-  = non-preference (avoid if possible/not applicable)
-  = flexibility (adjustable to situations)
- ?????????? = inconsistency

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## ***Learning Style Tendencies***

Compare this with your Left/Right Brain Dominance on page 2

ANALYTIC ("Left")	HOLISTIC ("Right")
quiet	sound/noise/music
bright light	low light
formal study area	informal work area
high persistence	low persistence
no/low intake	intake needed

Three or more of the following elements: preferring quiet, bright light, formal design/study area, high persistence (to complete tasks without interruptions) and low need for intake tends to suggest an ANALYTICAL (sequential) learning style. On the other hand, preferring sound, soft lighting, informal design, low persistence (completing tasks in bursts while working on multiple tasks simultaneously) and need for intake suggests a GLOBAL/HOLISTIC (simultaneous) learning style (Bruno, 1988; Dunn, Cavanaugh, Eberle, and Zenhausern, 1982).

## ***Report Guidelines***

**FOR STUDENTS:**

For really improving your study techniques, follow the suggestions in your LSA™Report and watch your own success. To achieve permanent improvement in learning and study situations, please share and discuss this report with your teachers, your parents or guardians and make sure your learning needs are met.

**FOR TEACHERS:**

Please help your students to analyse their profiles, discuss their reports and their personal preferences. Find out which areas of mismatch between the teaching styles used at your school, and your students' learning needs, could be the reason for frustration, poor learning motivation, stress or boredom, leading to learning difficulties and underachievement.

**FOR PARENTS/GUARDIANS:**

To help improve concentration, study skills, learning abilities, motivation and attitudes of this student, please follow the suggestions in this LSA™Report closely, provide the necessary learning environment at home, accept their unique style, and support their true learning needs.

# PERSONAL REPORT AND PROFESSIONAL DEVELOPMENT GUIDELINES

If you act on the recommendations in your Personal Report, you will enhance your learning abilities, your concentration and your study skills. But most importantly, you will find that you have greater school success!

## **BRAIN PROCESSING:**

Your answers are not consistent and research with this instrument has shown there are several reasons for this:

- a. you have probably overlooked something when you answered the questions; or
- b. an error was made transferring the results onto the response sheet or entering them into the computer programme; or
- c. you might have thought about something else while answering these questions, not only how you learn something new and difficult; or
- d. there might be changes going on around you which you probably don't understand; or
- e. you could be going through a difficult period yourself which often leads to inner confusion and to contradictions in answering the questions.

Please go back to the questionnaire and check your responses to questions 14A & 14B.

## **THINKING STYLE:**

You are a more reflective thinker.

You function best when you have time to think, contemplate, and rethink.

Sometimes teachers might consider your responses to problems or new situations as slow.

However, when you come up with an answer or solution it is usually well thought-through.

Try to avoid learning situations where you have to make quick decisions.

This could cause you stress, and your thinking process might suffer.

Moderate change, time to adjust and a steady pace in your study environment would suit your thinking style best.

## **AUDITORY (hearing):**

You prefer to take information in by listening and probably like debating and discussing.

You can remember well things you hear, particularly when you are interested.

Most of the time you like to listen in learning situations.

For better recall or long term memory, use audio tapes for teacher talks so that you can listen to the content later.

Video tapes, "talking books" (tape versions of books) are also useful.

You can also create your own tapes when you have to learn something new and difficult.

## **AUDITORY (external):**

Talking is definitely one of your preferences.

You like to be with people in learning situations and rather discuss contents and study topics than just hearing or reading about them.

It helps when you talk things over with a classmate, a teacher or parent.

Your understanding of subject matter is better when you can discuss it.

Your memory also improves when you have a chance of explaining to other people what you have learned.

If you have no-one to talk to, you might sometimes even talk to yourself.

As talking in class is not always possible, you need to practice to be quiet a bit more, and sometimes do your school work without talking.

**AUDITORY (internal):**

There is a lot of self talk going on in your head!

You find it much easier to concentrate, read or learn when you can have an inner dialogue about the new information.

Rather than talking to class mates, teachers or parents you often just like to talk to yourself.

Your overall understanding increases and your memory improves when you have inner discussions about difficult learning tasks.

Your reading speed might be slowed down because you tend to say the words in your head.

You probably use self talk for solving problems or sorting out difficult problems.

As talking to oneself can be quite lonely, see whether you can find someone you trust and with whom you are able to share your thoughts, especially when you learn something difficult.

Make sure that you cut out negative self talk and allow time for positive discussions with yourself to reduce your worrying if you have a tendency to do this.

**VISUAL (words):**

You are probably a 'book worm', as you have a strong preference for seeing written or printed information.

You remember much of what you read.

You can probably close your eyes, "see" the reading material, and remember what you have read.

You might like to take notes while you are listening so that you can read them later.

For study success you really need projects or assignments with clear, precise text and written instructions.

Make sure your teachers know that so that you always have written information available when you learn something new and difficult.

**VISUAL (pictures):**

You have a strong preference for seeing/watching/observing and you probably love movies.

Looking at things, watching what's going on and absorbing what you see is very important for your learning success.

Your understanding of a text increases when pictures, diagrams and drawings are included. Rather than reading text passages you often just like to look at the pictures.

To help with your learning, you should use colours, pictures, magazines, films, mind maps and written materials with pictures and graphs.

You remember well what you see and observation might be another good way for you to learn new and difficult information.

**VISUAL (internal):**

You often use your imagination for problem solving, and visualising helps you to remember. Your understanding is better when you visualise what you have seen, written, heard or read. You have the ability to 'see' the solution for difficult situations and can often solve problems in your mind.

To improve your memory, enhance your study skills and reduce stress, allow yourself to practise your imagination, maybe even daydream (but not in class or during study time!).

Use visualisation techniques, particularly when you have to learn something new and difficult. If you tend to worry through negative pictures in your mind, practise seeing positive ones instead.

**TACTILE (touching):**

You are a hands-on learner! When you study, read or concentrate you really like to involve your hands.

You probably play with pens, tap your fingers, fiddle and/or doodle a lot - especially when you have to listen for a long time.

This increases when you are impatient, bored, frustrated or stressed out in class.

To enhance your listening skills and for better memory, always involve your hands.

Use koosh balls for hand stimulation, mind maps for note taking, hands-on learning, and models or real objects when you learn something new and difficult.

Learning tools you can manipulate, are particularly good for you.

Following the words with your fingers when you read helps you to understand and remember better.

Your teachers and parents need to know that you learn much better when you use your hands.

**KINESTHETIC (external):**

You learn best through physical experiences and you like learning situations with practical involvement.

You probably like sports activities and usually have high energy levels, although your movements might not always be very fast.

When your whole body is involved, you find even difficult learning tasks more enjoyable.

Your understanding improves and your memory is better through participating and "doing".

To achieve real study success you need to be actively involved in projects, physical activities, visits, field trips and real situations.

If you can't have any of those, at least move your body or walk up and down while learning, concentrating or thinking, even reading.

Your teachers and parents need to understand this learning preference to arrange such activities, and support you in learning with your whole body.

**KINESTHETIC (internal):**

You are a true feeling person!

You strongly rely on your "gut" feeling in school and home situations.

Your intuition is much stronger than your logic, when you make decisions or solve problems. You definitely trust your instincts more than your rational thinking.

If you don't feel good about a learning task or your school work in general, your motivation goes down and your interest disappears.

In learning situations it is very important for you to feel good, otherwise it's hard for you to remember.

When you like a teacher and/or a subject you can learn well - if not, learning can become difficult.

To improve your study skills and to keep up your spirits, find a way to enjoy what you are doing, and how to go about it.

**MOBILITY:**

Whether you can sit still in class, while you read, write, concentrate, or do your homework, depends on your interest in the topic.

If you are interested, you find you can sit still for longer periods.

If you are bored, and the learning situation is not right, you can't keep still.

Therefore, working on stimulating learning tasks or study topics is very important for you. However, more often than not, you are quite happy to stay put while you are doing your homework, concentrating, or working in class.

**NEED FOR INTAKE:**

Your need for intake - eating, nibbling, chewing, or drinking while you concentrate, read or study is dependent on what you do.

However, you prefer to go without intake more often than not.

During your classes or study time at home, you can last for long periods without eating or drinking - particularly when you are really interested in the task.

However, you don't always want to go without food or drink either.

For your brain to function better, make sure you drink water when concentrating on new and difficult learning tasks.

**TIME OF DAY:**

A specific time of day is not really important for your study success.

You can learn and concentrate quite well at any given time.

What is more important for you is the overall situation, what you do, why, and with whom.

Whether or not you are interested in your school or homework determines how well you learn.

It is important for your teachers and parents to know this, and for them to support you accordingly.

Your flexibility allows you to adjust well to changing time conditions at school or in your study schedule at home.

**SOUND:**

When you learn, most of the time you like to have some kind of sound in your environment - music, voices, even traffic sounds.

Your concentration, reading abilities and study skills will improve if you have music playing in the background (the best learning music is classical, baroque, or instrumental music, but not 'Heavy Metal' nor loud music with words).

It might also help you to be around others while you learn.

Quiet classrooms or study areas at home do not help your concentration!

Despite your preference for loud music, be aware that not everyone can bear the same volume!

There are people who need it quiet when they learn.

**LIGHT:**

You usually prefer to study in low light areas.

Bright light creates tension, headaches and stress for you.

Fluorescent light is especially distracting for you and reduces your concentration considerably.

Learn and read under indirect or subdued lighting, also away from bright sunlight.

Avoid fluorescent light in class, if you can, and consider your preference for low light when you do your homework.

**TEMPERATURE:**

You are flexible as far as temperature goes.

When you study, you are more influenced by what you do, with whom, and how you feel about learning in general.

Often it's more important how interested you are in a learning task than whether it's cold or warm in your learning environment.

Varying temperatures do not influence your learning ability as you can adapt well.

**WORK AREA:**

You really prefer an informal, cosy place when you study, read or work on difficult tasks.

You can learn best on a bean bag chair, bed, lounge chair, floor or carpet in an informal environment and in a relaxed body posture.

To improve your concentration, create a more comfortable study area for yourself at home.

Also try doing difficult assignments away from desks and hard chairs.

At school it would be good for you to have a comfortable place of learning in one corner of your classroom.

If you have only hard chairs in your classroom, maybe you could use a cushion to sit on.

**SOCIAL GROUPINGS:**

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c. you might have thought about something else while answering these questions, not only how you learn something new and difficult; or

d. there might be changes going on around you which you probably don't understand; or

e. you could be going through a difficult period yourself which often leads to inner confusion and to contradictions in answering the questions.

Please go back to the questionnaire and check your responses to questions 9A - 9D.

**AUTHORITY - TEACHER:**

You definitely feel more secure when you can work or learn closely with a teacher.

You like being told what to do and how to do it.

You accept authority and learn best when you get lots of feedback showing that you are on the right track.

Disagreement with your teachers doesn't feel good, and you always try to resolve it quickly.

It is important for you to have regular contact with your teachers, especially when you are learning something new and difficult.

**AUTHORITY - PARENT:**

You definitely feel better when you can learn or do your homework with a parent or grown-up member of your family.

Being told what to do, and how to do it, gives you more confidence for your school work.

You accept authority and learn best when you get lots of feedback showing that you are on the right track.

Disagreement with your parents is very unpleasant for you and you always try to resolve such conflicts quickly.

See that you can have regular study times with an adult, especially when you are learning something new and difficult.

**LEARNING MOTIVATION:**

You really like to learn!

Whenever you have to learn something new, particularly when it's interesting, you enjoy doing it, and your motivation is always high.

You get a real kick from achieving something at school, and this keeps you going.

It is very important for the quality of your school work that you be allowed to say how you want to do your learning tasks.

**PERSISTENCE:**

You almost always complete what you begin, particularly in your studies.

It may bother you, not to do so, and you would rather spend time completing your homework than do other activities.

You prefer to complete one assignment before you start a new one.

Long-term learning projects with not too much supervision may suit you best.

Your following-through is very logical and systematic, usually following strict guidelines.

**CONFORMITY:**

You work and learn best when you know what is expected of you.

You are eager to follow instructions and guidelines set by your teachers and parents.

Your willingness to follow rules and regulations, to respect other people's opinions, is an expression of your need to conform.

You learn best with clearly defined school and home rules, and like to know what teachers and parents expect from you.

For school success you need long-term goals or study projects, clear directions, little change and predictable learning outcomes.

**RESPONSIBILITY:**

You almost always do what's expected of you in school situations or at home.

You carefully consider all the consequences before you do something.

In your school work you are very reliable and show great willingness to take responsibilities and follow directions.

You feel most comfortable when you do things you are supposed to do.

When you make a mistake, you try to correct it as soon as possible.

As school is very important to you, you are serious about your learning tasks, your study projects, and your home duties.

**STRUCTURE:**

You don't mind being told what to do, or how to do it.

In fact, it may feel better for you to know all the guidelines and exactly what is required.

It gives you more confidence when you know how to go about a learning task.

You may work better with teachers giving you directions, and you like frequent feedback.

See that you have all aspects of a task clear before you begin - this will greatly enhance your concentration and school success.

**VARIETY:**

You really can't stand study routine!

When there is not enough variety in learning you get bored easily.

As you love change, and enjoy trying out new things, you hardly ever do the same thing twice the same way.

Take care of your need for variety - and your love for change - when you learn something new and difficult.

It is important that your teachers and parents understand this preference and provide the appropriate learning conditions.

For achieving school success, you really need to learn in many different ways - with or without people, with multimedia, computers and under varying conditions.