

NEW MEXICO 4-H

Aggie Next Step

Learning Styles



Post Secondary Pathways



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Discovering My Learning Style

INTRODUCTION

Everyone learns differently—and that's what makes learning exciting! Understanding how your brain works best helps make studying and problem-solving easier. In this lesson, participants will explore the three main learning styles, identify their preferences, and try strategies to learn more effectively.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Have participants complete the *Pre-assessment*.

2. Start with a brief discussion:

Q: Who knows their learning style?

Q: What are the three primary learning styles?

As students respond, write key terms on the board:

Visual, Auditory, and Kinesthetic.

Briefly define each:

- Visual learners learn best through images, diagrams, and reading.
- Auditory learners prefer listening and discussion.
- Kinesthetic learners learn through movement, hands-on activities, and doing.

Provide quick examples students can relate to (e.g., "If you like to see instructions before you start—visual. If you remember better after talking about it—auditory. If you need to try it yourself—kinesthetic.")

3. Distribute *Learning Styles Assessment* and read the instructions aloud. Ask if anyone needs clarification before beginning. Give participants time to complete the assessment.

4. Once participants have finished, invite them to share their results:

Q: Do you agree or disagree with your results? Why?

Q: Does this sound like you when you're learning something new?

Encourage participants to connect their results to real experiences ("When I study, I usually..."). Emphasis that most people use a combination of learning styles depending on the task.

Supplies

- Worksheets
- Handouts
- Pens/Pencils
- Three blank sheets of paper per participant

OUTCOMES

Students will be able to:

- **Name** the three main learning styles.
- **Describe** how each learning style works.
- **Identify** their preferred learning style.
- **Use** study strategies matching their learning style.
- **Explain** how knowing your learning style can help them in school and beyond.



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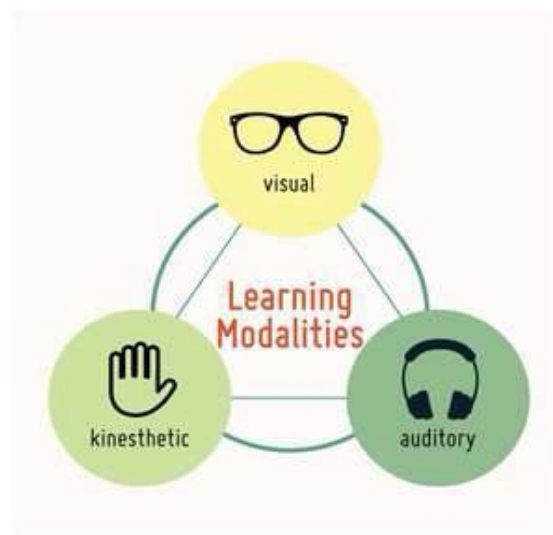


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5. Distribute the *Learning Style Characteristics and Strategies* handout. Walk through each style as a group. Highlight a few key traits. Ask participants to identify one or two strategies they could try right away. Reinforce that understanding how they learn helps them become more independent and confident learners.
6. Explain that the next activity will demonstrate how learning styles affect the way we take in information. Use the *Paper Airplane Exercise* directions as an interactive activity illustrating the three learning styles.
7. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or the following class.
8. **Have participants complete *Post-assessment*.**

WRAP UP

Through this learning styles activity, you've gained insight into how you learn best. Understanding your unique learning preferences can help you study more effectively, stay engaged, and take control of your own learning success.



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RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 2.1.1: Select and employ appropriate reading and communication strategies

CTE 3.1.1: Employ critical thinking skills to solve problems and make decisions

CTE 9.1.1: Identify and demonstrate the use of positive work behaviors and personal qualities needed to be employable

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-2. Apply appropriate academic and technical skills

Optional ELA Alignment (Grades 6-12)

SL1: Participate in a range of conversations and collaborations

Video Resources:

Note: Please preview all videos before showing them to students to ensure they are age-appropriate, relevant, and aligned with your classroom needs.

Different types of Learners

https://www.youtube.com/watch?v=3_bQUSFzLI4

Learning Styles

<https://www.youtube.com/watch?v=jEvPRkUCVpY>

10 DIFFERENT STUDY METHODS for Different LEARNERS ...

<https://www.youtube.com/watch?v=oeNkS3aj9z8>



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