

# RACHAEL BULBA'S REPORT

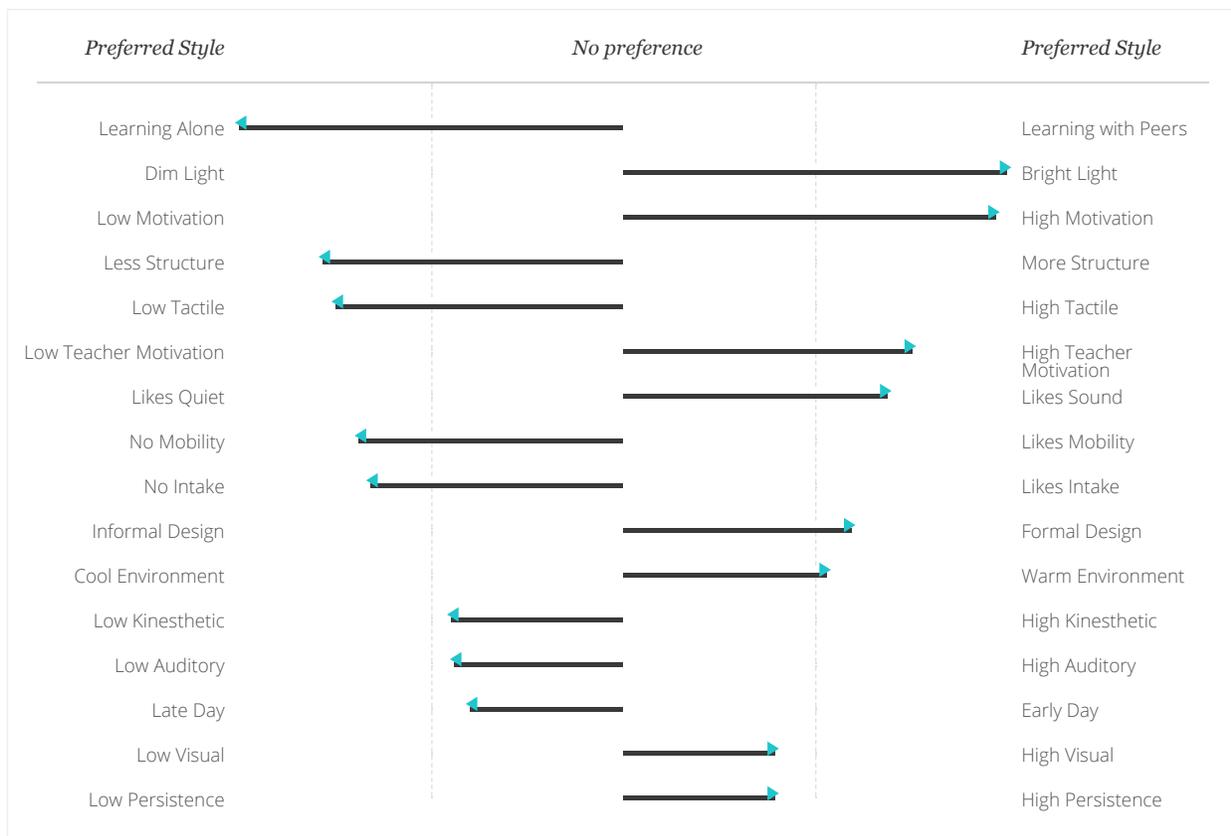
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Learning Style Inventory™ 2.0 - Powered by Human eSources

The Learning Style Inventory is based on the idea that people prefer to work and learn differently from one another. Research shows that knowing and adjusting to your learning and productivity preferences can help make learning easier and more enjoyable.

The chart below is a profile of your preferences based on your responses to the survey. The white arrows inside the colored bars indicate how you scored in each preference compared to other students. Your strong preferences are shown in green. The gray areas are shown when you have no preference or only a very small preference. Please remember, there is nothing good or bad about any of the scores on your profile. They just describe the kind of environment in which you prefer to work and learn. Like your fingerprint, everyone has a unique style, and it is important for you to know what your personal preferences are.

After the chart, the report provides tips according to your preferences. Use these tips to adapt your environment or adapt to your learning environment. There are many strategies to choose from. Focus on the strategies that will work best for you.



## Alone/Peer

### Preferred Style | Learning Alone

This preference indicates whether you are more productive learning and working with peers, or whether you do better by learning and working alone. This is a very important preference which can affect future success. If you prefer to learn and work with peers, you might be dissatisfied in a job where most of the time is spent working alone. On the other hand, if you prefer learning and working alone, you may be distracted by having peers around most of the time and would be less efficient and productive.

Your results indicate that you prefer to work or learn alone and often find it distracting when other people are around. You may have difficulty working or learning in an environment where people are walking or moving around.

If you find yourself in a situation where you are not alone when you need to study, learn or work:

- Try to find an area that provides you with the privacy you need, such as the library or a quiet place at home or work.
- While being with others isn't your ideal learning environment, understand that you can learn important things from other people and may be required to do so in school or on the job. You can do your more difficult work when you are alone.
- Learn more about your personality type so that you can better understand your need to be alone while learning, studying and working.

## Light

### Preferred Style | Bright Light

The amount of light in your learning environment can affect your achievement based on your preference. Some people study and learn better in a brightly lit environment, while others achieve more in a dimly lit area.

Your results indicate that when you study or learn new or difficult material you prefer to do so in a brightly lit area. Bright light helps you see your material better, both visually and in your mind, and helps you to concentrate. An area that is too dim will be distracting for you and will affect your level of achievement.

The following are some tips that may help you accommodate your preference for studying and learning in a brightly lit environment:

- Be careful to avoid shadows on your work or reading material.
- Always try to make your learning environment as brightly lit as is comfortable by making sure you have enough overhead lighting or lamps and windows available to you.
- If you are in a classroom or other learning environment that is too dimly lit for you, try sitting closer to a window with the sun shining over your shoulder.
- Let your family members know that you do your best learning and studying in a brightly lit environment.

## Motivation

### Preferred Style | High Motivation

Motivation is a key element that affects your achievement. Since different people have different levels of motivation, you should try to discover ways to motivate yourself to accomplish your goals.

Your results indicate that you are self-motivated. You usually like what you do and enjoy doing things on your own. It is important, most of all, that your learning be meaningful to you. You get a lot of satisfaction as a result of a successful learning experience.

## Structure

### Preferred Style | Less Structure

Structure is a measure of how much detail you need when given an assignment. Some people like to have a lot of detail about how the task should be completed. Others like to work out the details on their own. Your preference for structure may also be related to your personality type.

Your results indicate that when you get directions or an assignment, you like to work out the details on your own. You like to choose your own method and organize the project yourself. You like lots of control in completing the task. That kind of independence is good; however, you must be careful not to overlook required details that your instructor is looking for in the assignment.

Here are some tips to help you maintain independence and control while making sure you are going in the right direction:

- Even though you prefer less structure and enjoy the freedom to be creative, be sure to follow the instructor's guidelines for completing assignments and projects.
- Be aware that throughout your life there are things you need to do according to detailed instructions -- like preparing tax returns, personal financial management, certain employment tasks, airline security, and so on. By recognizing that these things are very important to you, you can complete them according to the details provided.
- Learn more about your personality type and how it affects your need for detail.

## Tactile

### Preferred Style | Low Tactile

Some people learn best when they can touch or have a "hands on" experience with their learning activities. Other people do not need to "touch" what they are learning.

Your results indicate that you do not prefer "hands on" activities while learning. It is not important for you to touch or feel things in order to learn about them and hands on activities may not be especially helpful to you in learning and remembering.

## Teacher Motivation

### Preferred Style | High Teacher Motivation

Some people like to study and learn because it pleases their teacher, and they will do things because their teacher asks them to. For people with this preference, it's important that their teacher give them positive feedback and praise them when they do well.

Other people do not study or learn in order to please their teacher, and do not care whether or not their teacher provides positive feedback. In fact, they generally do not like any kind of feedback from their teacher at all. Teachers may make them feel anxious and they may be afraid of being criticized.

According to your results, you are teacher motivated. You like to please your teachers and enjoy the feedback you get from them.

The following are some tips that may help you accommodate your preference for being teacher motivated in your studying and learning:

- Let your teachers know that you like to have their feedback about your learning.
- Try to schedule time with your teachers to discuss your learning and studying progress.
- If your teacher is not receptive to accommodating your preference, try to get your necessary feedback from a counselor, another teacher or your parents.

## Sound

### Preferred Style | Likes Sound

People use sound in two ways. Some people use sound to absorb noise and provide a background for other sounds. They find silence very distracting and background sounds help them concentrate and focus better. These types of learners usually incorporate sound as part of their learning and studying environment.

Other people require a quiet environment to study and learn. They find background sound distracting and they have trouble concentrating on the material they need to learn.

Sometimes it is difficult for people who prefer an environment with sound to appreciate another individual's sound preferences. They may think that if they need background sound to study and learn, everyone does. Please be sensitive to others' learning needs with regard to sound and background noise.

Your results indicate that you prefer to have sound in your environment while you study and learn. The following are some tips that may help you accommodate this preference:

- Study in an open area, such as a coffee shop, or turn on the music in your study area. However, do not make the volume so loud that too much sound will distract you. If you choose television as your background sound, make sure you are not watching it! That is visually distracting and will prevent you from learning at your best.
- It might be a good idea to study and learn with others who prefer to have background sound in their environment.
- If there are other people studying in the same area as you are, be respectful of those who prefer quiet by using headphones, or find a more suitable place to study and learn.

## Mobility

### Preferred Style | No Mobility

People who have the preference for mobility need to move around, at least every 15 to 20 minutes, while they study or learn. It is difficult for them to sit in one place for a long time. Frequent breaks to move around are important in maintaining their ability to concentrate on the learning material.

Others, who do not have this preference, can easily learn and study while sitting in one place for a long time. Their concentration on the learning material is not affected by being immobile.

Your results indicate that you do not prefer mobility. Your concentration while studying and learning is not affected by sitting in one place for a long time.

## Intake

### Preferred Style | No Intake

Some people learn better when they are able to snack, chew or drink something while in their learning environment. Other people find that eating or drinking in the learning environment is distracting.

Your results indicate that you do not prefer to have food or a beverage while you learn. Food items are distracting to you and you are more productive if you are not chewing, eating or drinking while learning. If you need to eat or drink something, take a break from your studies and return when you have finished eating or drinking.

## Design

### Preferred Style | Formal Design

Extensive studies over the last 30 years have shown that the physical design of the furniture in your learning and studying environment has a direct effect on achievement. The traditional straight-backed chairs and formal desk environment do not always work for some people who prefer a less formal design.

Your results indicate that you prefer a more formal, traditional design. When you study or learn you like to sit in a straight chair or at a desk or table. Furniture that has a more formal design helps you concentrate better and results in better achievement.

The following are some tips that may help you accommodate your preference for studying and learning in a more formal environment:

- Try to study while sitting in a straight-backed chair at a table or desk with a laptop or desktop computer and study resources nearby.
- Avoid sitting on a couch, soft cushions, or in bed while you are trying to study and learn.
- If your learning environment only has soft seating, try sitting on the floor with your back up against a wall.

## Temperature

### Preferred Style | Warm Environment

Research has shown that people study and learn differently in a warm or cool environment. Your achievement will generally increase if your preference for a warm or cool environment is accommodated.

Your results indicate that you prefer to study and learn in a warm environment. You often feel uncomfortable in a cool environment and making sure you are warm enough will positively affect your ability to study and learn.

The following are some tips that may help you accommodate your preference for studying and learning in a warm environment:

- You should always have a sweater or jacket with you, even when other people are in short-sleeved shirts.
- Try sitting near a window in the sunshine or near another source of heat.

## Kinesthetic

### Preferred Style | Low Kinesthetic

Kinesthetic learning is closely related to tactile learning. Kinesthetic learners learn best through body movement and experiencing what they are learning. Kinesthetic learners are generally well coordinated and have a good sense of timing and body movement. They will concentrate better and learn more easily when movement is involved. For other people, body movement is a less important tool for learning.

For the Kinesthetic preference, your score indicates that you have no strong preference but are leaning towards not being a kinesthetic learner. If you decide that you do not learn best through total body movement and you do not like to move around when you learn, use learning strategies that engage your higher-scoring learning preferences.

## Auditory

### Preferred Style | Low Auditory

Some people like to learn by listening and talking. Others find listening and talking distracting to their learning.

For the Auditory Preference, your score indicates that you have no strong preference but are leaning towards not being an auditory learner. If you decide you do not like to learn by listening, then the following may apply:

- As an aid in listening, read the material before class and take comprehensive notes.
- Ask if you can have written directions or instructions when none are provided.
- There are often situations when you must use and remember what you have heard. Practice using memory devices to remember what you hear.
- Since auditory learning is not your preferred mode, use visual, kinesthetic and tactile strategies to remember what you are studying.

## Time of Day

### Preferred Style | Late Day

Research has proven that the time of day during which you study and learn new and difficult material has a direct effect on your learning success.

For the Time of Day preference, your score indicates that you have no strong preference but are leaning towards learning best later in the day. If you decide you learn best later in the day, the following may apply:

- If you can, schedule your most difficult learning and homework in the afternoon or evening.
- Do your difficult and creative tasks later and routine tasks earlier in the day.
- Use your days off (like weekends and vacations) to get a lot of your most difficult studying and homework done in the afternoon or evening.

## Visual

### Preferred Style | High Visual

Some people learn best by reading, observing and seeing things. Others learn best by listening and talking.

For the Visual Preference, your score indicates that you have no strong preference but are leaning towards being a visual learner. If you decide you like to learn by reading, observing and seeing things, then the following may apply:

- Use color to highlight the important points in the text while reading. Review the important points by looking at the highlighted passages again.
- Take notes and use underlining and highlighting in different colors to mark the important points. Include charts, graphs and pictures in your notes. Make summary sheets or mind maps to summarize or review your notes.
- Use pictures, diagrams, charts, maps, graphs, time lines, video and multimedia to aid in learning and prepare for tests. Use flash cards to remember important details and facts.
- Sit at the front so you can carefully observe and copy any notes that the instructor shows in class.
- Organize your work area to avoid visual distractions.
- Create visual reminders to keep on track. Make lists on note pads or use sticky notes as reminders.
- Make a visual image of what you are learning. For example, while reading history, picture what it would have been like to have lived in that historical period.
- Before answering an essay question, picture the answer in your mind, create a mind map or write a quick outline.
- Use outlines or mind maps to review for tests.
- When learning new or difficult material, begin with visual learning strategies and then reinforce your learning with audio, kinesthetic and tactile learning strategies.
- Practice remembering what you hear, for those situations where you cannot get the material or instructions in writing. Using mnemonic memory devices may be helpful in remembering what you hear.

## Persistence

### Preferred Style | High Persistence

Persistence, as it relates to learning styles, measures a person's inclination to finish tasks and activities. Some people like to complete one task before starting another. Others have many unfinished tasks and activities going on at the same time. Persistence may also indicate whether or not you procrastinate when completing tasks or activities.

For the Persistence preference, your score indicates that you have no strong preference but are leaning towards generally finishing tasks or activities. If you decide that you generally finish tasks or activities, then the following may apply:

You may like to complete one task before you start another one and do not like having a lot of unfinished activities. It also may be important for you to understand that life will sometimes present you with situations where you will have more than one task or activity to deal with at the same time. Try to make sure you clearly understand what is expected of you, so you do not become frustrated or overwhelmed because you are unable to complete assigned tasks in the manner in which you are most comfortable.