

Ice Breaker: Take Care

Read the following quiz to your group. Tell them they don't have to answer, just ponder.

- 1) Who are the five wealthiest people in the world?
- 2) Name five winners of the Academy Awards.
- 3) Who are the five most powerful individuals in the world?
- 4) Name the last five winners of the Super Bowl.
- 5) Name the five richest musicians.

Now, read the next set of questions to them and have them write the answers:

- 1) Name five teachers who have influenced you in a positive way.
- 2) Name five friends who have helped you in some way.
- 3) Name five people you care about.
- 4) Name five people who have brought you joy or make you feel cared for.
- 5) Name five heroes that have inspired you.

Point: On a personal level, fame wealth and achievement pale in comparison to care and compassion.

GOAL SETTING

Name _____

Change Challenge: It's Up to Me

Directions: Fill in your name and your goal. Then complete the plan to show how you will reach your goal.

My Goal

I _____
(name)

plan to _____
(goal)

My Action Plan

Steps. I will reach this goal by doing the following things:

When. I will reach this goal by _____
(date)

Helpers. These people and things can help me reach my goal:

LEARNING STYLES

Read each question or statement and circle the most appropriate answer. Some will be difficult to answer, but try to respond according to how you would react most often.

1. You usually remember more from a class lecture when:
 - a. you do not take notes but listen very closely
 - b. you sit near the front of the room and watch the speaker
 - c. you take notes (whether or not you look at them again)

2. You usually solve problems by:
 - a. talking to yourself or a friend.
 - b. using an organized, systematic approach with lists, schedules, etc.
 - c. walking, pacing or some other physical activity

3. You remember phone numbers (when you can't write them down) by:
 - a. repeating the numbers orally
 - b. "seeing" or "visualizing" the numbers in your mind
 - c. "writing" the numbers with your finger on a table or wall

4. You find it easiest to learn something new by:
 - a. listening to someone explain how to do it
 - b. watching a demonstration of how to do it.
 - c. trying it yourself

5. You remember most clearly from a movie:
 - a. what the characters said, background noises and music
 - b. the setting, scenery and costumes
 - c. the feelings you experienced during the movie

6. When you go to the grocery store, you:
 - a. silently or orally repeat the grocery list
 - b. walk up and down the aisles to see what you need
 - c. usually remember what you need from the list you left at home

LEARNING STYLES

7. You are trying to remember something and so you:
 - a. try to see it happen in your mind
 - b. hear in your mind what was said or the noises that occurred
 - c. feel the way "it" reacted with your emotions

8. You learn a foreign language best by:
 - a. listening to records or tapes
 - b. writing and using workbooks
 - c. attending a class in which you read and write

9. You are confused about the correct spelling of a word and so you:
 - a. sound it out
 - b. try to "see" the word in your mind
 - c. write the word several different ways and choose the one that looks right

10. You enjoy reading most when you can read:
 - a. dialogue between characters
 - b. descriptive passages that allow you to create mental pictures
 - c. stories with a lot of action in the beginning (because you have a hard time sitting still)

11. You usually remember people you have met by their:
 - a. names (you forget faces)
 - b. faces (you forget names)
 - c. mannerisms, motions, etc.

12. You are distracted most by:
 - a. noises
 - b. people
 - c. environment (temperature, comfort of furniture, etc.)

LEARNING STYLES

13. You usually dress:

- a. fairly well (but clothes are not very important to you)
- b. neatly (in a particular style)
- c. comfortably (so you can move easily)

14. You can't do anything physical and you can't read, so you choose to:

- a. talk with a friend
- b. watch TV or look out a window
- c. move slightly in your chair or bed

SCORING

1. Count the total number of responses for each letter and write them below.

a. _____ auditory (learn best by hearing)

b. _____ visual (learn best by seeing)

c. _____ kinesthetic (learn best by touching, doing, moving)

2. Notice if one modality is significantly higher or lower, or if any two modalities are close in number.

3. Were the results as you expected them to be? Is that the way you see yourself?

LEARNING STYLES

SUGGESTED AIDS FOR LEARNING MODALITIES

Use these aids to sharpen your particular dominant learning modality or to strengthen a weaker one. Try to be aware of the different activities you do daily to help all three of your modalities.

VISUAL	AUDITORY	KINESTHETIC
use guided imagery form pictures in your mind take notes see parts of words use "cue" words use notebooks use color codes use study cards use photographic pictures watch T V watch filmstrips watch movies use charts, graphs use maps demonstrate draw/use drawings use exhibits watch lips move in front of a mirror use mnemonics (acronyms, visual chains, mind maps, acrostics, hook-ups), refer to	use tapes watch T V listen to music speak/listen to speakers make up rhymes/poems read aloud talk to yourself repeat things orally use rhythmic sounds have discussions listen carefully use oral directions sound out words use theater say words in syllables use mnemonics (word links, rhymes, poems, lyrics), refer to "Memory Chapter"	pace/walk as you study physically "do it" practice by repeated motion breathe slowly role play exercise dance write write on surfaces with finger take notes associate feelings with concept/information write lists repeatedly stretch/move in chair watch lips move in front of a mirror use mnemonics (word links, rhymes, poems, lyrics), refer to "Memory Chapter"

