



University
of Worcester

Learning Process

activities

- Activity 1: LEARNING STYLES QUESTIONNAIRE
- Activity 2: HELPING OVERCOME BARRIERS

Activity 1: LEARNING STYLES QUESTIONNAIRE

This is a simple learning style tool. Its purpose is to stimulate debate about what processes and behaviours help people learn. The categorisations of the Activist; Reflector; Theorist; Pragmatist are not definitive. Most people are a mixture of several of them. Circle the numbers of the statements you tend to agree with. There are no right or wrong answers. Don't spend too long and go with your first instinct.

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| 1. I enjoy doing new things. | 9. I like people to take things seriously. | 17. I enjoy practical activities. |
| 2. I like to do a job well. | 10. I listen before I speak. | 18. I am calm in discussions. |
| 3. I think carefully before making my mind up. | 11. I don't usually hide my feelings. | 19. I can get cross with people. |
| 4. I make decisions quickly | 12. I don't like quick people. | 20. I don't think about other people. |
| 5. I enjoy a challenge. | 13. I like people who think before they act. | 21. I have firm views about what is right and wrong. |
| 6. I like outgoing, lively people. | 14. I like things to be done well. | 22. I do things without thinking. |
| 7. I don't act straight away. | 15. I enjoy group work. | 23. I speak my mind. |
| 8. It takes me a while to make my mind up. | 16. I can upset people. | 24. I like to work carefully. |

Scoring

Ring the numbers below if you agree with the statements in the questionnaire. Which column contains the most ringed numbers? It will give an idea about whether you are a Doer, a Thinker, a Theorist or a Practical person.

1	2	7	4
5	3	9	15
6	8	14	16
11	10	18	17
12	13	19	20
22	24	21	23
Activist	Reflector	Theorist	Pragmatist

Learning Styles	Attributes	Activities
Activist	Activists are those people who learn by doing. They enjoy the here and now. Their philosophy is to try anything once. They have an open-minded approach to learning, involving themselves fully and without bias in new experiences.	<ul style="list-style-type: none"> • puzzles • competitions • role-play • brainstorming • problem solving
Theorist	These learners like to understand the theory behind the actions. They need models, concepts and facts in order to engage in the learning process. They think problems through in a step by step logical manner. They prefer to analyse and synthesise, drawing new information into a systematic and logical 'theory'.	<ul style="list-style-type: none"> • models • statistics • stories • quotes • background information • applying theories
Pragmatist	These people need to be able to see how to put the learning into practice in the real world. Abstract concepts and games are of limited use unless they can see a way to put the ideas into action in their lives. They are keen on trying out new ideas, theories and techniques to see if they work. They see problems and opportunities as a challenge.	<ul style="list-style-type: none"> • time to think about how to apply learning in reality • case studies • problem solving • discussion
Reflector	These people learn by observing and thinking about what happened. They may avoid leaping in and prefer to watch from the sidelines. They stand back and ponder and view experiences from a number of different perspectives, collecting data and taking the time to work towards an appropriate conclusion. They tend to have a low profile and appear distant and 'unruffled.'	<ul style="list-style-type: none"> • paired discussions • self-analysis questionnaires • personality questionnaires • time out • observing activities • feedback from others • coaching • interviews

For further information see: Honey, P. & Mumford, A. (1992) Manual of Learning Styles.

Activity 2: HELPING OVERCOME BARRIERS

Ask the group to look at the slide – 'helping overcome barriers'
Discuss – which of these is most important?

For further details about the mentor programme, please contact

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Visit the Access & Inclusion webpages at: www.worcester.ac.uk/discover/access-inclusion

