

Identifying Your Learning Style

Your learning style may differ with different topics. I've created a checklist here for you to refer to during your training. Each time you start a new field of training, come back to this checklist and evaluate how you might best optimize your study in this new area.

Step One: Look at your Past

Which of the following types of study have you found most useful in the past?

- Reading
- Solving sample problems
- Memorising lists and data
- Practicing physical moves, acting, performing, reciting
- Case study research
- Tutoring or explaining to someone
- Presenting projects
- Asking questions
- Reviewing and /or summarising
- Studying alone or in a group?
- Brief or long study sessions?
- Using one or a variety of sources?

Step Two: Look at the Present

Evaluate your present circumstances and make a plan to move forward.

- What are the benefits for learning this?
- How much time do I *want* to spend on this?
- What are the present distractions I need to allocate time to?
- What is the best environment for me to study this topic?
- How much of the environment can I control?
- If I can change the environment what would help the most?
- What will it cost me if I don't learn this?

Step Three: Evaluate your Resources

What is available to you when you hit bumps in the road?

What are the primary foundations on this topic?

What will I do if I don't know something?

Who or where can I go to with my questions?

How much time do I have to study this?

Who is the main expert in this area I can talk to?

Step Four: Review the Topic

Take some study lessons from the experience so you can apply them in future.

What was my best strategy?

What is one thing I could have done better?

What strengths and weaknesses have I identified?

What was the best environment for me?

What were the best routines for me?

What would I change if I did this all over again?!