Discovering How You Learn

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| How do people learn?  What is the V.A.R.K inventory?  What is the Myers-Briggs type indicator?  What is the multiple intelligences theory? | Factors and methods include: Maslow’s hierarchy of needs, Bandura’s theory of social learning, Knowle’s Theory of adult learning and Schlossberg’s theory of transition. |
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| V.A.R.K stands for Visual, Aural, Read/write, Kinesthetic |
| Visual |
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| Investigation technique for people’s personality characteristics and how they relate to human interaction and learning styles. |
| MBTI Types: |
| * Extraversion vs Introversion |
| * Sensing vs Intuition |
| * Thinking vs Feeling |
| * Judging vs Perceiving |
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| Based on the idea that traditional definition of human intelligence is limited. |
| Argues that students should be encouraged to develop the intelligences they have. |
| Types include: |
| * Verbal/Linguistic |
| * Logical/Mathematical |
| * Visual/Spatial |
| * Bodily/Kinesthetic |
| * Musical/Rhythmic |
| * Interpersonal |
| * Intrapersonal |
| * Naturalistic |
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Summary

People learn not only through different methods of teaching from outer sources and inner sources, but the intelligence developed from learning comes in multiple forms.