



Learning Styles Skill Building Template



Act Apply Extrapolate Build		HOW _____ _____ _____	Attend To context To motivation levels To core message		HOW _____ _____ _____
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Reflect
 Positive
 Negative
 Re-thinking

Checklist questions to help maximise personal learning

ATTEND	1. Are the mood and environment for the learning appropriate?	
ATTEND	2. Are the methodology and structure of the learning best for purpose?	
ATTEND	3. Am I sufficiently motivated to want to learn? (If not, why?)	
ATTEND	4. What are the learning-delivery styles that work best for me?	
RELATE	5. Am I a Dependant, Collaborative or an Independent Learner?	
RELATE	6. What type of questions help me to learn the most (why, what, how or what-if questions)?	
TRANSLATE	7. Do I tend to be left-brain biased (more interested in learning structure, order and logic)?	
TRANSLATE	8. Do I tend to be right-brain biased (more interested in visuals, analogies, and physical learning interactions)?	
UNDERSTAND	9. Do I think learning should be presented in broad summary, or in detailed form?	
UNDERSTAND	10. What is the best way for me to understand concepts (i.e. by quiet internal reflection, adapting or changing the information, applying or practicing it for real, etc.)?	

Translate
 Language
 Style
 Delivery

Understand Core information Wider applications When to apply		HOW _____ _____ _____	Relate To existing knowledge To analogies To linked concepts		HOW _____ _____ _____
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