

71 LEARNING METHODS

Styles: **Social** / **Reflexive** / **Theoretical** / **Practical**

- ☐ Learn by being told—through lessons, lectures, presentations.
- ☐ Learn by being shown—from examples, demonstrations, and models.
- ☐ Learn from an online or distance education course.
- ☐ Learn by observing intensely.
- ☐ Learn by studying books or other print resources.
- ☐ Learn by asking someone what you want to know.
- ☐ Learn by searching the Internet.
- ☐ Learn by imitating a skilled performance.
- ☐ Learn by practicing repeatedly, especially coached practice.
- ☐ Learn by mentally rehearsing.
- ☐ Learn by seeking direct experiences.
- ☐ Learn by conducting an experiment.
- ☐ Learn by taking action in the field, by doing it.
- ☐ Learn by working cooperatively with others as a team.
- ☐ Learn by teaching someone else.
- ☐ Learn by teaching yourself.
- ☐ Learn by studying media: videos, CDs, tapes, and DVDs.
- ☐ Learn by preparing a public presentation.
- ☐ Learn by working or studying with a mentor.
- ☐ Learn by trial and error.
- ☐ Learn by dramatization, by acting it out.
- ☐ Learn by grouping, categorizing, and clarifying.
- ☐ Learn by forming concepts based on evidence and reason.
- ☐ Learn by creating conceptual maps of relationships among items or ideas.
- ☐ Learn by picturing—by seeing and recalling things that are.
- ☐ Learn by visualizing—by imagining things that might be.
- ☐ Learn by thinking metaphorically: link the known to the unknown.
- ☐ Learn about ideas by connecting them to what you already know.
- ☐ Learn from failure how not to fail; from success, how to succeed.
- ☐ Learn from simulations.
- ☐ Learn by taking a job that requires the performance you seek.
- ☐ Learn by thinking for yourself—forming opinions, reaching conclusions.
- ☐ Learn intuitively: discover what you know instinctively.
- ☐ Learn by competing with others.
- ☐ Learn by playing spontaneously or in games.
- ☐ Learn from observing yourself: your thoughts, emotions, and actions.

- ❑ Learn by striving to achieve an ambitious goal.
- ❑ Learn from reflection and contemplation in solitude.
- ❑ Learn from travel—new places, new people, new activities.
- ❑ Learn by doing what has moral value (for example, helping others).
- ❑ Learn by seeking feedback from others about your performance.
- ❑ Learn by keeping a working journal of ideas, plans, and reflections.
- ❑ Learn from a model of outstanding performance.
- ❑ Learn by developing effective processes for getting things done.
- ❑ Learn by challenging yourself to reach a new level of performance.
- ❑ Learn by immersing yourself in an environment / community
- ❑ Learn by taking notes and organizing them
- ❑ Learn by writing an essay or a blog post
- ❑ Learn by faking it until you make it
- ❑ Learn by pursuing a badge
- ❑ Unlearn by therapy
- ❑ Learn by playing a video game or a board-game
- ❑ Learn by attending conferences and events
- ❑ Learn by making a youtube video of your performance
- ❑ Unlearn by questioning your mental models
- ❑ Learn by drawing an info-graphic
- ❑ Learn by creating a 3D construction (Lego / clay / origami / etc)
- ❑ Learn by creating a portfolio
- ❑ Learn by organizing a study group
- ❑ Learn by designing specific practice targeted at a micro-skill
- ❑ Learn by monitoring your behaviour and reflecting
- ❑ Learn by using a mobile app
- ❑ Learn by recording (video/audio) your performance
- ❑ Learn by creating symbols (jewels, clothes, words, images)
- ❑ Learn by encoding info / behaviours into acronyms, design of space, rituals
- ❑ Learn by expressing in movement and dance
- ❑ Learn by visiting a museum, science center, exposition
- ❑ Learn by creating digital media (photo, video, illustration, animation, etc)
- ❑ Learn by reading fiction or watching a movie
- ❑ Learn by going through a shocking experience (firewalking, skydiving, etc.)
- ❑ Unlearn by using feedback devices / sensors