

# Use the Index of Learning Styles to Your Advantage!



Felder's Index of Learning Styles measures students' preferred learning styles on four dimensions:

**Active-Reflective**  
**Sensing-Intuitive**

**Visual-Verbal**  
**Sequential-Global**

**Active learners** prefer doing, whereas **reflective learners** prefer thinking.

**Sensing learners** prefer facts, whereas **intuitive learners** prefer relationships.

**Visual learners** prefer pictures, whereas **verbal learners** prefer words.

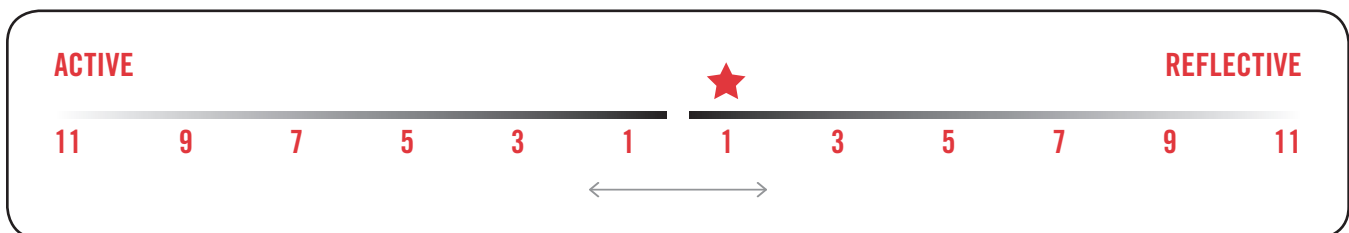
**Sequential learners** prefer logical steps, whereas **global learners** prefer the big picture.

## So what does all of this mean for you?

If you are a student, you may vaguely remember filling out a learning styles survey on Banner Web before you arrived on campus. To review your personal profile simply log on to Banner Web and choose the "Agreements/Authorizations/Surveys" tab and select the Index of Learning Styles link.

**Do you have your profile? Good. Let's continue.**

It is important to note that your learning styles are preferences, not absolutes. For each dimension you will have a red diamond indicating where you scored. For example, look at the first section, the Active-Reflective dimension.



### **If you score 1-3:**

You are fairly well balanced on the dimension. You can learn just as easily by doing as you can by thinking, as indicated in the example above.

### **If you score 5-7:**

You have a moderate preference for one side of the dimension. Learning will probably come more easily when teaching and studying favors that side.

### **If you score 9-11:**

You have a strong preference for one side of the dimension. It may be challenging to learn in an environment that does not support that preference.

**See other side for ways to use your learning style to your advantage.**

# Now that you know what your learning preferences are, try these study techniques to complement those preferences:



## Active Learners

Try taking practice tests or studying in groups

## Reflective Learners

Try reviewing class notes and book chapters; take time by yourself to apply the concepts

## Sensing Learners

Try flashcards to focus on facts

## Intuitive Learners

Try the SQ3R method (survey, question, read, recite, review) to pull together the relationships of the concepts

## Visual Learners

Try flashcards with pictures, diagrams, timelines, etc.; practice tests also work well

## Verbal Learners

Try the SQ3R method (survey, question, read, recite, review); you can also review class notes and book chapters

## Sequential Learners

Try taking notes in outline form; use flashcards for specific steps

## Global Learners

Try the SQ3R method (survey, question, read, recite, review) to take in the big picture

# If you are a faculty member, check out your class profiles on Banner Web (Faculty & Advisors tab, Index of Learning Styles Class Profile link). *Here are a few suggestions to incorporate into your lessons.*



- For your active learners, try hands-on activities and group work.
- For your reflective learners, allow time at the end of class for students to think about the main ideas and ask any questions that may arise.
- For your sensing learners, restate the facts presented.
- For your intuitive learners, demonstrate how the facts are interconnected.
- For your visual learners, use diagrams, pictures, videos and other visual mediums.
- For your verbal learners, incorporate extra verbal explanations of the concepts.
- For your sequential learners, provide an outline, either ahead of time, or as you write notes on the board.
- For your global learners, begin each lesson by illustrating the big picture.

For more information, check out the resources found on the intranet for the Office of Institutional Research, Planning and Assessment: <http://www.rose-hulman.edu/irpa/assessment/ils>