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Step One is a guidance organisation working specifically with students in the international community.

Step One is committed to the following principle:

Every student has a right to know what their potential is and to understand the way in which that potential could be fulfilled.

To determine your potential you can gain enormous benefit by understanding how you:

- best receive and process learning information coming your way
- best learn and study
- interact with the world
- think and intellectualise with the world around you
- can best interact with the educational process.

Included in this publication are the results of the inventories covering the above areas and the definitions of your personal learning and study styles.

The following information and your responses to each area are matters for your thought and debate, especially in school. They can help you with your current studies and of course can affect the decision you make about the continuing education that you would like to undertake at college or university.

Nothing is absolutely certain, but an insight into how you think and learn can help to understand how you may best achieve your potential.

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Your results overview

The table below gives your score in each of the categories analysed. This does not compare you to other students. Your scores are relative to one another. Read on for more in depth explanations of the terms used here.

Information Processing	Tactile-Kineasthetic	60%
	Visual	20%
	Auditory	20%

		Low	Fair	Average	High	Very High
Study Style	Spatial					
	Mechanical Reasoning					
	Math-logic Reasoning					
	Enhancing daily life					
	Interactive-Self					
	Word-language Reasoning					
	Interactive-Others					
	Music					
	Interactive-Nature					
	Body Coordination					

		Low	Fair	Average	High	Very High
Personal Style	Thinking/creating					
	Discoverer					
	Producer					
	Performer					
	Relating/inspiring					

		Low	Fair	Average	High	Very High
Learning Style	Abstract step by step					
	Tangible random					
	Tangible step by step					
	Abstract random					

Information processing This area looks at the way in which you receive and process information that comes your way. This could be auditory through hearing, visual through seeing things or tactile through feeling.

Study styles This area considers how you best study. Is it through lectures and reading, demonstrations or by practical activities? Is it through classroom activities, on your own or a mixture of both? Is it even through physical activity whilst you learn or by listening to music whilst you study? You may find that you learn and study best by being out of doors, by thinking things through for yourself or by an analytical approach.

Personal styles This area considers the way in which you interact with the world. Look up the definitions explained in this folder. Are you a performer, producer or discoverer? Are you an inter-active person who relates to others or an inspirer or a creator and thinker? These matters can also help you with your studies and of course with your career choice.

Learning styles This section looks at learning styles but in respect of whether you like to be taught or reason. Using hard facts which you can feel or see or which are more abstract and invisible to your senses. In addition it will consider whether you can deal with lots of information of different types coming at you at the same time or whether you prefer to deal with learning in a more structured and sequential manner.

Information Processing

People process information in different ways and understanding. Your preferences will help you with your studies. Sometimes there is little difference between preferred approaches. If this is the case with you, it means that you are an all rounder or have two favoured aspects and should take advantage of each.

The following order reflects your preferred order of processing information.

Information Processing	Tactile-Kineasthetic	60%
	Visual	20%
	Auditory	20%

The following are general definitions. Please read for your personal preferences only and make a mature judgement with regard to the extent which the content of the other 1 or 2 definitions applies to you.

Remember:

- take especial note of the advice that relates to your higher score(s)
- you may find some advice useful, from your lower scores.

Visual These are students who generally prefer to rely on their visual faculties. This means seeing and watching rather than listening or doing. For instance learning by reading, watching demonstrations, videos, or by pictures and illustrations. Much of what they hear they may forget, therefore in lectures it helps to write, mind map or underline and follow any written words given. Demonstrations, visits to museums or galleries helps.

Auditory These are students who rely on their auditory or hearing faculties. They prefer to listen to lectures, debate and discussion, audio tapes, the radio as well as reading and talking out loud. Dictating notes onto a recording device will support future revision.

Tactile-kinaesthetic These are students who like to be physically involved when they are processing information for example by touching or doing things, for instance writing, constructing, movement, doodling. Practical activities such as role-play, debate or laboratory work may be a preference rather than listening to lectures as it involves movement. When listening writing or underlining helps.

Take all the above into account when you consider your own personal results below. Therefore with a high score most of the comments should apply to you, with your lower scores - only some of the comments may apply. Use your percentage marks to consider the comments maturely.

Your top preference is:

Tactile-Kineasthetic

Low	Average	High
		

You ought to do something when you are listening to a lecture such as taking notes, underlining sentences or using a marker. You like to be involved in laboratory work or role play activities or anything that requires physical activity. Sitting behind your desk might not be easy for you; you fiddle with a pen or balance on two legs of your chair. When you are studying at home you learn just as well when you are sitting on the floor or on your bed with your papers spread out around you. Walking up and down the room or even outside will help you when you have to memorise details. You study best when you write outlines and excerpts. When you have to write an essay for example you should consider writing it first on paper, even in note form, before typing it on the computer.

Profile of study styles

This section considers the way you may prefer to study. This is important as it could affect how you would best work in the classroom and at home with your assignments and projects. Your style here is the way you prefer to study, how you receive information, assimilate and make sense of it, process and remember it. It also covers how you hypothesise, rationalise and form your own conclusions. Few people have a single preference to studying and your preferred styles may be a combination of approaches. You should therefore carefully consider what your profile below may be saying about you and look at the various possible combinations of your top scores. It is also most important to pay attention to your lowest scores.

Details of your top priorities have been given in your priority order.

	Low	Fair	Average	High	Very High
Spatial					
Mechanical Reasoning					
Math-logic Reasoning					
Enhancing daily life					
Interactive-Self					
Word-language Reasoning					
Interactive-Others					
Music					
Interactive-Nature					
Body Coordination					

Spatial

Low	Fair	Average	High	Very High

These are students who doodle or draw pictures during class, who are good at designing, jigsaw puzzles, mazes and are good at finding their way in new territories, reading maps or charts and remembering what is seen.

Ideas for studying: Draw things to increase your comprehension, make "spider webs/mind maps" to remember facts. You will enjoy projects and hands-on education. Watching films and videos or visiting an exhibition will help you to remember and understand subjects as history, geography, biology and physics. Try to create images in your head or even glue a picture on a page or draw a cartoon in order to relate the subject matter to a text.

Mechanical Reasoning

Low	Fair	Average	High	Very High

These students have a great interest for inventing, building and figuring out exactly how things work. They are practical in solving day to day problems and have a keen interest in computers, cars, motors and any other kind of machinery.

Ideas for studying: Turn your home work into practical exercises using your imagination and your hands. Involve construction wherever possible, for example design a box in which you can store cards with key words or draw a pyramid or any frame that appeals to you. Try making memory or study cards. Create your own files and folders, construct your own system of dividers. You might find gadgets help. Learning through problem solving and hands-on or vocational education should be seriously considered.


Math-logic Reasoning

Low	Fair	Average	High	Very High
				

These are students who enjoy solving problems, computer challenges and logic puzzles and can often come up with practical ideas. They tend to resist repetitive worksheets and therefore could be inaccurate when they are routinely working with numbers and have trouble memorising basic mathematical facts. They may rely on calculators and are often good with computers. They are good analytical thinkers. They like activities that involve business/economics, banking, sciences and logistics, medical careers etc

Ideas for studying: Double check your answers in math and sciences. Write down your own ideas. Challenge yourself by trying to find answers to questions rather than reading the instructions first. Turn things that you have to learn by heart into puzzles by asking yourself often: 'why?' or find the exceptions. Try to make it more interesting by imposing challenges when you think the information is boring. Look for cause and effect and work with outlines. You probably will enjoy learning through problem solving.

Enhancing daily life

Low	Fair	Average	High	Very High
				

These students prefer to create a cosy, inspiring place for themselves. They often like nice clothes, organised places and express a desire to add aesthetic value to the ordinary, every day routine.

Ideas for studying: You should be organised, appreciate your own room, select your decor and materials carefully and study things in which you can see the aesthetics yourself. Use computer programmes such as "paint and excel" for your projects. You will enjoy projects that involve cooking, designing and other practical aspects that enrich life in general.

Interactive-Self

Low	Fair	Average	High	Very High
				

Such people are good at taking care of themselves and are quite happy in their own company. They are independent and think about life. They try to understand their motives and desires. They are interested in religious studies, meditation, existentialism and self-development. Their personal norm rate and standards are often high and they can be very frustrated by injustice. They may enjoy studies such as psychology, philosophy, history, cultural studies and photography. They may succeed as an entrepreneur or in management as long as the product they are promoting has their interest.

Ideas for studying: Although you prefer to work on your own, rather than in a group, it is always good to develop team work skills as much as you can. Team sports, theatrical activities, interactive projects or presentations might help. You probably can sit behind your desk for a long time without needing to move. You probably should avoid university courses where you are not allowed to explore or express your own ideas. You like to read and to write essays rather than completing routine workbooks. Try not to be upset when rules interfere with your personal planning. You like to make decisions yourself, to work as much as you can at your own pace, to be responsible for your personal study approach and you probably do not like to be disturbed when you are working on something.

Word-language Reasoning

Low	Fair	Average	High	Very High
████████████████████				

These people are good at verbal and/or written communication. They enjoy word games; telling stories or jokes, are often good at memorising names and facts. Learning vocabulary comes easily to them.

Ideas for studying: Anything with words would suit you. You should find out for yourself if you prefer to listen, to read or write during lectures (see the information processing section of this report). When you have difficulties with math or sciences it might help you to read the information out loud to yourself and write an excerpt, precis or your own version of the challenge. Think about whether a rather traditional educational setting may suit you best.

Interactive-Others

Low	Fair	Average	High	Very High
████████████████████				

These are social students, who easily make friends, who try to understand people and make others feel good about themselves. They often talk in class and pass notes to a friend. They like school because it means seeing their friends. Professions that may match these students are psychology, counselling, sociology, nursing, teaching, marketing, business, PR, communication and other people related studies. They often have a highly developed sense for what is right and wrong.

Ideas for studying: You may not enjoy strict, individual education. Therefore a traditional educational system may not suit you. Partly small or large group learning may benefit you much more. Projects, field trips, excursions etc. should be part of the course.

You need to think about whether you are very dependent upon others for your study routine and whether you need to increase your amount of independence. This is particularly relevant for home work and assignments where independent self study is important. Self study requires motivation, concentration and good time management. When it comes to home work you may find it helpful to communicate with your friends as a first priority e.g. by explaining information or testing each other. It may be better to finish your work first by yourself and then relax with your friends.

Music

Low	Fair	Average	High	Very High
████████████████████				

These are students who like to sing, hum or whistle, who often tap their feet on the floor or on their neighbour's chair. They are easily distracted by musical sound from outside. Any creative activity that involves the stage will suit them. They may enjoy professions such as musician, instrument designer, film or record producer, teacher, play writer or composer.

Ideas for studying: Before you start studying you could undertake activities such as dancing, stretching or physical exercises and rhythm movement. When you have difficulties with learning a large amount of words you might try selecting what is important to remember. Often this is either the first or the last line of a paragraph. It might help you if you learned in terms of rhythm or rhyme, remembering words or formulae by turning them into a song or putting key words to music.

Interactive-Nature

Low	Fair	Average	High	Very High
██████████				

These students are happy to be outside, no matter what the weather is like. They may not feel so content in a classroom. Some students enjoy nature activities and may also be concerned with its care. They may

be interested in becoming involved in recycling, conservation and protecting the environment.

Ideas for studying: Whenever possible you would like to be outside with your books or projects. Also the atmosphere of your room should be stimulating for you i.e. proper light and fresh air, plants and may be even small animals, with environmental pictures on your walls. You may enjoy attending further education in a rural setting.

Body Coordination

Low	Fair	Average	High	Very High
				

These students enjoy and or excel at physical activities such as sports, dancing, aerobics and general movement.

Ideas for studying: Take regular breaks, maybe study on the floor and memorise through moving for example by throwing a ball when you have to learn something by heart or clap your hands. Listen to a tape while you are walking, build or design what you have to learn. Write when you have to study: make notes, outlines, schemes etc. Vocational training and/or hands-on studying, role play activities and (small) group work may be enjoyed rather than sitting and listening to lectures.

Profile of personal styles

This section takes your top 2 personal styles and looks at the possible impact they may have with your top 4 preferred learning styles on your future occupational approach.

Personal Style	Thinking/creating	Discoverer	Producer	Performer	Relating/inspiring
	Low	Fair	Average	High	Very High

Thinking/creating

Low	Fair	Average	High	Very High

Discoverer

Low	Fair	Average	High	Very High

Producer

Low	Fair	Average	High	Very High

Performer

Low	Fair	Average	High	Very High

Relating/inspiring

Low	Fair	Average	High	Very High

Personal and Study Styles

This section takes your top 2 personal styles and looks at the possible impact they may have with your top 4 preferred learning styles on your future occupational approach.

Personal Style		Low	Fair	Average	High	Very High
		Thinking/creating				
Discoverer						
Producer						
Performer						
Relating/inspiring						

Study Style		Low	Fair	Average	High	Very High
		Spatial				
Mechanical Reasoning						
Math-logic Reasoning						
Enhancing daily life						
Interactive-Self						
Word-language Reasoning						
Interactive-Others						
Music						
Interactive-Nature						
Body Coordination						

Thinking/creating

Spatial

Your preference for spatial learning and your personal disposition to think and create may mean that your imagination is almost unlimited. You are very open to new ideas and concepts. You are a good visualiser and may consider working as an architect or painter, or become involved in business related to this area, but also studio artist, choreographer, pilot or decorator.

Mechanical reasoning

Your personal preference to think and create and your mechanical reasoning learning approach indicates that you enjoy thinking about all sorts of things. Maybe you sometimes daydream about practical problems for which you are trying to find an answer. You can be imaginative and may lose yourself in your thoughts preferring to work at your own pace and you may be interested in the world of engineering.

Math-logic

Your combination of learning through math-logic reasoning and your personal preference to think and create shows that you enjoy working out for yourself more complex mathematical problems. You like to ask all sorts of questions as a result of your own creative thoughts. These are not always easy for a parent or a teacher to answer.

Enhancing daily life

Students with a high learning score in life enhancement and who have thinking/creating as a personal preference often wonder about how things could look more appealing, for guests, for clients, for patients, in brochures or programmes etc. Many of you will be superb hosts with original and artistic ideas and some may become interior designers.

Discoverer

Spatial

You showed a high interest in learning through spatial reasoning and a personal preference as discoverer. Therefore you might struggle sometimes in school as this is not always incorporated in the programme, but once at college or university you should enjoy anything related to designing. You may enjoy architecture, civil and structural designing, decorating, web site designing, drafting, making art tools etc. You may also like to be involved in theatrical support.

Mechanical-Reasoning

Your learning preference of mechanical reasoning and discoverer as a personal style shows you that you have a good interest in technical studies. You might have an urge to invent or to solve rather complicated problems by using your practical way of thinking. You may be good at trouble shooting and may enjoy a physics based career.

Math-Logic

You preference as discoverer and your interest in learning through math-logic reasoning indicates that you like all sorts of experiments and hands-on projects. You do not mind being alone and to think things through in order to find an answer. You probably enjoy solving rather complicated problems.

Enhancing daily life

Students with a high learning score in life enhancement and a discoverer personal style usually find that design is very important to them. Whatever they invent should not only be practical but also look very attractive, sound pleasant or have exquisite taste. You may enjoy developing recipes, tools or gadgets. If you also have a good spatial reasoning ability you might like the world of industrial design.

Learning Styles

This section explores your particular learning style, that is the general approach which you apply to your learning situation irrespective of the subject matter. As with previous sections you may be a mixture of several styles, therefore your two top possible styles are presented here as a consequence of the answers you gave in the questionnaire.

		Low	Fair	Average	High	Very High
Learning Style	Abstract step by step					
	Tangible random					
	Tangible step by step					
	Abstract random					

Abstract step by step

Low	Fair	Average	High	Very High

People in this group can deal with information from which they learn, which is not tangible ie they do not necessarily have to see, hear or feel information which can be invisible to the senses and involves reasoning and intuition. They can use philosophical reasoning and creative imagination also combining their knowledge and experience. They will need to deal with such information in a step by step manner.

What they may be good at

People in this group enjoy interpreting textual material, vocabulary building, integrating different materials, logical analysis and debate. They tend to turn their ideas and theory into reality and are able to see the 'bigger picture'. They can be very analytical, evaluative and judgemental and enjoy logical analysis.

Some ideas to think about to improve your whole school experience

You may be a little argumentative, opinionated or even insensitive to the ideas of others. If you do exhibit this tendency you should tone down your 'know it all' attitude which can become annoying to others. You should try to be more co-operative in group situations and concentrate on just completing your work. You may need to learn to accept critical feedback in any evaluation.

It may be a good idea for you to lighten up a little and take some time out from work to devote to yourself. You may need to be more flexible in your ideas. It would be worthwhile if every now and again you explored your own feelings. You should consider how you could translate your own ideas for others to understand and to listen more rather than argue. You should think about accepting your emotional side more.

Tangible random

Low	Fair	Average	High	Very High

People in this group must see, hear or feel tangible information from which they learn, which is easily grasped by the senses. It must be presented to them in a solid and hard fashion that is not too abstract and they will then be able to deal with such information randomly and in many different dimensions, types and from different directions. They are able to combine facts, theories philosophies coming at them through different media e.g. reading, writing, hearing, watching and at different levels.

What they may be good at

People in this group enjoy tasks that include exploration, problem solving, hypothesise generating, independent thinking, idea generating and anticipating problems. They are independent and sometimes can take risks provided they are calculated. They can be quite idealistic and innovative and need to have plenty of choice with the opportunity to enjoy change and challenges. They can become bored with detail and being

forced to work with less competent people.

Some ideas to think about to improve your whole school experience

Maybe you need to control your impulses and make sure you get the full picture before coming to a conclusion. You should learn to co-operate and enjoy team working. It would help to be aware of your impact on other students as you may not always think about what effect you are having on them. You might need to learn to listen without challenging, especially your teachers. You should try to become organised with your work, research and assignments and create structure for your note taking and recording of facts. You should accept that you have to work with detail and that life is not always exciting and changing. You should also keep in mind that there have to be some restrictions on your creativity by routine activities and the involvement of others.

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