

## joe samples

**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 4 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	Visual	60%
	Auditory	30%
	Tactile-Kineasthetic	10%

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

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

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

**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 discover? 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	Visual	60%
	Auditory	30%
	Tactile-Kineasthetic	10%

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:

## Visual

Low	Average	High
		

Most of what you hear in class you may have forgotten by the time you are home. It is better if you either see the text or illustrations in order to remember things. Therefore when you are listening to a lesson it is important for you to also follow on paper what is being said. If there is no text available you could try to create pictures in your head. Closing your eyes to help you see images sometimes helps.

You will benefit from observing demonstrations, visits to museums or field trips as you will remember how things looked. You will also memorise well from watching films and videos. You may even find that you can recall photographic images of words and passages, as a picture in your mind.

Try to look for things that catch your eyes on a page such as a spot, italic or bold lines, any sort of illustrations, graphs or diagrams. When you remember these you will probably remember the page and words as well. There are also memory aids such as taking the first letter of each word and creating a new word from these letters which you are more likely to remember (mnemonics). You can also draw your own pictures.



## 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.

## 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.

## 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.

## 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.

## 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.


## 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.

## Music

Low 	Fair	Average	High	Very High
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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.

# Profile of personal styles

Your personal style says a lot about how you interact with the world. This could mean how you conduct yourself on a day to day basis, how you look to the future, how you relate to others, what social environment you like to operate in and what sort of occupation you may be happy in.

Look again at the relationship between your scores. You may have a clearly distinct profile or various combinations or high and low scores.

The five personal styles have been listed in your order of preferences. Take note of the variations between scores.

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

## Relating/inspiring

Low	Fair	Average	High	Very High

Probably one of the main reasons why you like to go to school is to see your friends. You enjoy working in (small) groups, working on class projects, undertaking field trips and you may like to participate in discussions. You are less keen on writing reports and working on your own for some time. This is why you may find that you lack an interest in math and most sciences because, apart from laboratory work, such areas can lack a human connection. In class you may be easily distracted and find it difficult to concentrate. This could be because you are impulsive and wish to spontaneously express yourself.

When you have to work independently, for example when you are working on your homework, challenge yourself by completing a certain amount of work or set time limits. Reward yourself afterwards by going on the Internet, by phoning a friend or by any other social activity. It is important that you learn to study individually as well as in a group.

When considering further education you will most enjoy studying in a co-operative setting. You will benefit from a fair amount of tutorial group work. Be aware that time management and self discipline may be a struggle.

## Thinking/creating

Low	Fair	Average	High	Very High

You probably prefer subjects and activities that are creative by nature, offer beauty and have artistic or philosophical aspects. Many ideas may cross your mind at the same time. You often learn best when learning allows for time alone and involves a creative process. You enjoy using your creative imagination, so you might doodle and daydream a little and not always hear what a teacher is saying.

You like to have space to design, formulate, compose or think. You are unlikely to enjoy working under pressure or to respond to answers quickly. When you are undertaking too many different activities you probably become stressed. This may be because you need time for yourself. Studying will become more understandable with pictures, images, drawings, music or rhyme. Information mapping will probably keep you from becoming confused.

When you are searching for further education think about your possible preference in looking for an inspiring environment with a not too traditional structure.


## Discoverer

Low	Fair	Average	High	Very High
				

You may find yourself sometimes bored in class, dreaming away or not putting a lot of effort into your work when you have to deal with routine. You like lessons that provide inspiration and a search for a solution. You want to be intellectually challenged and need to be careful not to irritate your teacher by asking too many questions. You are likely to enjoy laboratory work, making portfolios or debating in order to express your own ideas.

You enjoy using your imagination and fantasy and to work things out for yourself. Force yourself to complete what you have started as you are likely to jump from one idea to the next. Therefore it would help you if you plan your day and set goals or to follow some sort of a schedule. Although you like to work things out for yourself it is important to interact and to listen to other people's opinions and ideas as well as to learn to incorporate them. Make sure that you are able to explain your thoughts clearly. You will most benefit from learning by problem solving.


## Producer

Low	Fair	Average	High	Very High
				

You like to work hard and to be given tasks and exercises by the teacher so that you know what is expected from you. You enjoy a class atmosphere that is consistent, secure and predictable. You probably like workbooks and exercises where you have to underline, fill in the blanks, put something in order, rank and prioritise, list or summarise.

As long as you are organised you will enjoy studying. Making a schedule and outlines will help you with this. You study best when you work individually. Cross off from your list what you have completed so that you create enough time for other activities. You like to handle or to see quick results rather than being involved in long discussions. In order to produce a lot of work you might ignore other aspects of your life or challenges, being afraid that it will keep you from your routine. Do not forget that universities often expect their students to have an inquisitive mind. Overall you should be good at multiple choice - and short answers questions on examinations.

## Performer

Low	Fair	Average	High	Very High
				

You may find it difficult to sit still in class and to listen or write for a long period of time. You may prefer to undertake projects, design, construct, compose, formulate, originate or be involved in role play, improvisation, group activities, presentations or anything else that would involve performance or physical activity.

When you study you may experience similar difficulties. It would probably help you to talk to yourself whenever you find information either hard to learn or to understand. Try to study with a friend and to question each other or even role play teaching to one another. It might also help you to pace your room

when you have to concentrate. Perhaps listen to a personal stereo whilst you are reading your text. People like you often prefer to sit on the floor with papers around them or even to stand rather than sit at a desk. Try taking frequent breaks but set a specific time so that you do not affect the coherence of your task. When considering your further education you may not enjoy a traditional setting.

## 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	Tangible random					
	Abstract random					
	Abstract step by step					
	Tangible step by step					

### 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, hypothesis 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

May be 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.

### Abstract random

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 or feel information which can be invisible to the senses and involves reason and intuition. They can use their acquired knowledge and experience with instinct and creative imagination. 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 are good at relying on their instinct and can inspire co-operation and trust and an esprit de corps. They can use their creativity to improve things around them and for others. They are usually good net workers. They enjoy tasks involving global evaluation, interpersonal interactions, affective analysis,

multidimensional analysis, creativity, imaginative tasks and mind mapping.

**Some ideas to think about to improve your whole school experience**

You should stick with your decisions and see them through, rather than postponing matters. You should accept yourself without the need for constant approval from your peers or teachers. You might forget to complete your day to day details and assignments and you should learn how to schedule, timetable and keep to deadlines. It is important for you to learn how to keep yourself organised and to prioritise. Sometimes you should react less emotionally to rules and regulations and not react against the authority of the school. You should try to work more with data, facts and information when you are undertaking assignments. Perhaps learn to accept people who need to work with details and facts and be prepared to explain your approaches, thoughts, creativity and perspectives.

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