

Learning Preferences

What Is Learning?

Two Models of Learning

I. Learning as the acquisition of a body of knowledge (e.g., facts, concepts, skills, problem solving strategies)

II. Learning as a “process of engagement in a social practice ... [that leads to] *becoming* a different type of person.”

Julian Williams, “The Learner, the Learning Process and Pedagogy in Social Context,” 82.

Characteristics of Learning

- 1) It is active
- 2) It builds on prior knowledge
- 3) It occurs in a complex social environment
- 4) It is situated in an authentic context
- 5) It requires learners’ motivation and cognitive engagement

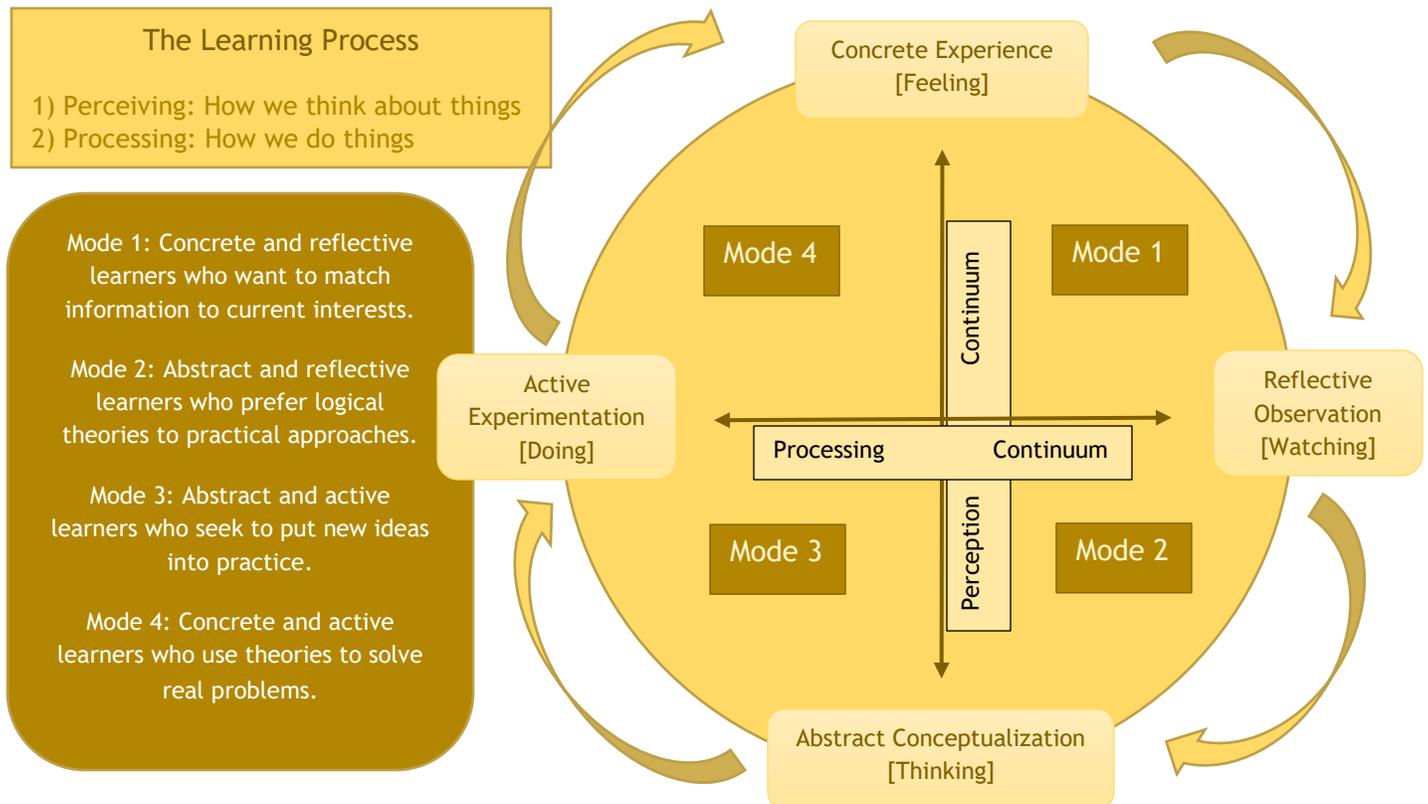
“[L]earning is a process that results in a change in knowledge or behavior as a result of experience.”

Berkeley Center for Teaching & Learning
[<https://teaching.berkeley.edu/resources/learn/what-learning>]

What Are Learning Preferences?

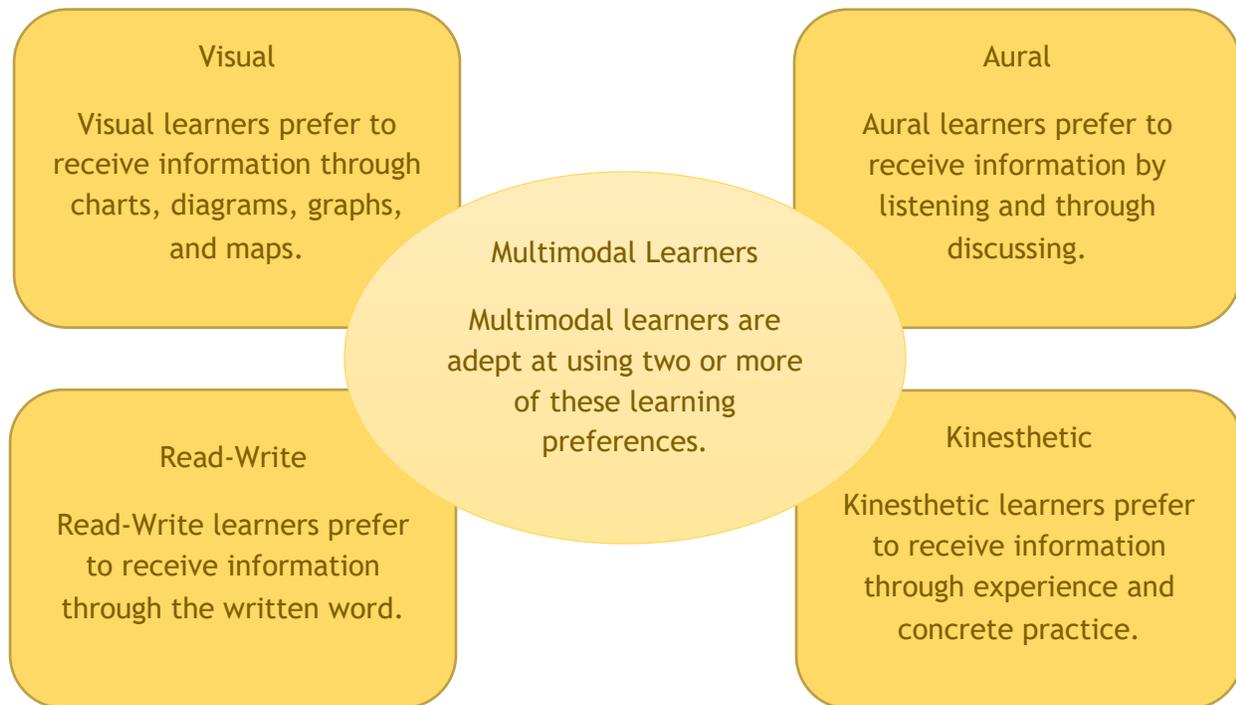
- A person’s characteristic patterns of strengths and weaknesses when perceiving, processing, and retrieving information.

The Learning Style Inventory



VARK

- Focuses on the types of information people prefer to utilize during the learning process.



Understanding Learning Preferences

Understanding one's learning preferences can help develop effective strategies for successfully managing academic coursework and learning how to adapt to different instructional styles.

Insight into one's learning preferences ...

- Indicates how we learn, not what we know or how we relate to others
- Has little to say about personality, motivation, social preferences, or introversion-extraversion
- Invites reflection on learning strengths and weaknesses, but does not constitute a scientific diagnosis

Resources

Berkeley Center for Teaching & Learning

Ellis, Dave. *Becoming a Master Student*. 13th ed. Boston: Cengage Learning, 2011.

Gardner, John N., and Betsy O. Barefoot. *Your College Experience: Strategies for Success*. 13th ed. Boston: Bedford/St. Martin's, 2018.

Gore, Paul A., et al. *Connections: Empowering College and Career Success*. Boston: Bedford/St. Martin's, 2016.

David A. Kolb, *Experiential Learning: Experience as the Source of Learning and Development*. 2nd ed. Englewood Cliffs, NJ: Prentice-Hall, 2015.

Williams, Julian. "The Learner, the Learning Process and Pedagogy in Social Context." In *Educational Theories, Cultures and Learning: A Critical Perspective*, eds. Harry Daniels, Hugh Lauder, and Jill Porter, 81-91. New York: Routledge, 2009.