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Reflection of Your Personal Learning Style

A lot of people use the term "learning styles" to describe how students gather, sort, interpret, organize, draw conclusions about, and "store" information for later use. There are four learning styles, a learner can be categorized as visual, tactile/kinesthetic, read and write or auditory. I have been categorized as a tactile/kinesthetic learner. This means that I learn best when I am physically active in the learning environment, value a lab setting where I can manipulate materials to learn new information, and benefit from a "hands-on" activity. I am not surprised by this outcome since I am studying to become a physical education teacher. When reflecting on how this learning style has enhanced me as a person, three main ideas come to mind.

The first being that as a kinesthetic learner, I have strong creative thinking. The kinesthetic approach to education is intimately connected to creativity. When I participate in various learning activities typically, I display more creative thinking in order to gain a deeper understanding of what is being learned from the material. This happens from approaching the subject from a variety of angles which in turn contributes to more robust creative thinking overall.

The second idea is that this type of learning has strengthened my social skills development. I have discovered this because I have caught myself developing the skill of communication through participation. While participating in kinesthetic activities like

collaborative learning within groups, you can learn about teamwork and cooperation while interacting with other people. In a sense you are using the way other people learn and using their own ideas to benefit you and your group as a whole. This idea helps me initiate the idea of problem solving and how teamwork is beneficial.

The last idea is that kinesthetic learning has amplified my problem-solving skills. Through experimenting with various methods and approaches for interacting with the schoolwork itself, kinesthetic learning aids critical and analytical thinking skills. Instead of being passive and just simply observing the demonstrations or listening to theories, it encourages students to be actively involved in the study process and discover new and efficient approaches to problem solving. Being active mentally and physically is what has helped me thrive the most in a learning setting.

Overall, kinesthetic learning for me has energized active work, enhanced cognitive development, and demonstrates one's own limits and strengths, yet provides self-assurance in those capacities. I think this learning style has proven to push me as a learner as well as set me up to overcome obstacles with all different kinds of strategies. I also believe it is the reason I was a very athletic person throughout my elementary and high school years and still am to this day. I am hopeful that gaining the knowledge of how beneficial this learning style is to the learner and their life will help me in my journey as a lifelong learner.

References

Education Planner.org. (2022). *What's your Learning Style? 20 Questions*.
<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>