



United States
Department of
Agriculture

NIFA

National Institute
of Food
and Agriculture



[https://nifa.usda.gov/
program/4-h-positive-youth-
development](https://nifa.usda.gov/program/4-h-positive-youth-development)



National Aeronautics
and Space
Administration

**EXPEDITIONARY
SKILLS** FOR LIFE

A FEDERAL PARTNERSHIP FOR **STEM** EDUCATION

LESSON PLAN: ACTIVITY 3.3

WHAT IS YOUR LEARNING PERSONALITY?

LESSON DETAILS

AGE/GRADE LEVEL

High School

PREP TIME

15 minutes

LEARNER OUTCOMES

Youth will be able to understand how their perspective affects relationships and how they communicate with others. They will be able to understand why others may have a different perspective and utilize this understanding to improve relationships.

ACTIVITY TIME

2 hours 25 minutes (all activities combined)

MATERIALS LIST

Index cards, writing utensils

HANDOUTS

Handouts:
What Type of Learner Am I?

SUGGESTED SPACE

Any

SUGGESTED GROUP SIZE

Any

REFERENCES

So Each May Learn
[http://www.ascd.org/publications/
books/100058/chapters/Teaching-
Learning-Styles-and-Multiple-Intelli-
gences-to-Students.aspx](http://www.ascd.org/publications/books/100058/chapters/Teaching-Learning-Styles-and-Multiple-Intelligences-to-Students.aspx)

Teaching to Kids' Unique Learning
Style

[http://www.youthworker.com/
teaching-to-kids-unique-learning-
styles/](http://www.youthworker.com/teaching-to-kids-unique-learning-styles/)

Learning Styles
[http://www.funderstanding.com/
theory/child-development/learning-
styles-2/](http://www.funderstanding.com/theory/child-development/learning-styles-2/)

Learning Styles and Teaching
[https://www.teachingenglish.org.uk/
article/learning-styles-teaching](https://www.teachingenglish.org.uk/article/learning-styles-teaching)

SUCCESS INDICATORS

Youth will identify and demonstrate how to utilize personality types to improve interpersonal communication.

LIFE SKILLS

Communication, critical thinking,
social skills, learning to learn

NATIONAL STANDARDS

21st Century Skills / Life and Career
Skills / INITIATIVE AND SELF-
DIRECTION / manage goals and
time, work independently, be
self-directed learners

21st Century Skills / Life and Career
Skills / FLEXIBILITY AND ADAPT-
ABILITY / adapt to change, be
flexible

21st Century Skills / Learning and
Innovation Skills / COMMUNICA-
TION AND COLLABORATION /
communicate clearly, collaborate
with others

INTRODUCTION



A learning style is like a fingerprint—unique to each person. Your learning style will be influenced by your genetic make-up, your previous learning experiences, your culture and the society you live in. A learning style is the way you understand, think about, organize, and remember information.

People of equal intelligence may learn in very different ways. When we teach someone something, be it a friend, a sibling, someone our own age or a different age, we tend to teach in a way that reflects how we like to learn. But not everyone learns the same way. By understanding our own learning style, and knowing about other learning styles, we can become both better learners and better teachers.

Learning styles can be categorized into four groups.

1. Analytic Learners follow their head to study things and figure out how they work.
2. Innovative Learners follow their heart to work collaboratively and help others.
3. Mastery Learners use their hands to take things apart and put them back together in order.
4. Dynamic Learners use their imagination to transform what is around them into something new.

Each learning style is valuable and most people use a combination of styles. Although we usually learn how to use multiple styles, each of us has one style that is easiest and most comfortable for us.

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EXPEDITIONARY SKILLS FOR LIFE

WHAT IS YOUR LEARNING PERSONALITY?, CONTINUED

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ACTIVITY INSTRUCTIONS

ACTIVITY: MY LEARNING STYLE (60 MINUTES)

1. Distribute the What Type of Learner Am I? handout to each youth.
2. Allow youth to read through each of the learner descriptions and to rank order the descriptions in relation to their preferred style.
3. Divide the youth into four groups based on learning style they ranked first. Each group will represent one of the learning styles. It is okay if the groups are different sizes or if one group does not have anyone in it. If one group is very large (more than 8), you may want to form two of that learning style group.
4. Have each group determine what animal best represents their learning style. Example: cats or monkeys because they're curious, fox because they're smart, elephants because they have good memory, etc.
5. Then have each group create a 60 second infomercial that explains why that animal represents their learning style.
6. Allow each group to present their infomercial.

Discussion Questions

- Did anything surprise you about the different styles of learning?
- How can understanding your learning style help you when you want to learn something?

DEBRIEF ACTIVITY: INDEX CARD CASTLES (25 MINUTES)

1. Divide youth into groups of 4-6 per group
2. Give each group a stack of index cards and 2-3 writing utensils
3. Have groups set up close to each other
4. Ask youth to write down something they learned about learning styles or themselves (one idea per card)
5. Give them 6-7 minutes to write, then have each group start building a castle out of their cards (tape can be

provided but it is more challenging without tape)

6. If castles fall, encourage those groups to consider how they might make a stronger "base" to their structure.
7. After about 10 minutes of construction time, encourage groups to consider making their castles join each other creating a "village" (connecting castles can be done with blank cards)
8. Once the village is created ask a few of the youth to share one idea they listed on the cards and then ask how many others listed the same idea/ statement

APPLIED CHALLENGE: LEARNING TO TEACHING (60 MINUTES)

1. Divide the youth into small teams. Try to have as many different learning styles represented on each team as possible.
2. Explain that each team is going to have 2-3 minutes to teach the full group about a specific topic that at least one member of the group is an expert at doing. These should be simple topics that need little preparation to teach. Example topics include:
 - a. Tying a shoelace
 - b. Braiding hair
 - c. Making a paper airplane
 - d. Playing Tic-Tac-Toe
 - e. Washing your hands
 - f. Drawing a unique smiley face
3. Allow teams 15 minutes to identify their topic and plan their teaching. Remind them to think about the different ways each of them learns best and challenge them to incorporate those styles into their teaching.
4. Have teams present their training.
5. After each presentation ask the group if they can identify something in the training that targets each of the learning styles.
6. At the conclusion of all the teaching presentations, ask the youth to describe any challenges they had in including the different learning styles into their teaching presentation.

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WHAT IS YOUR LEARNING PERSONALITY?, CONTINUED

WHAT TYPE OF LEARNER AM I?

Read the descriptions below and decide which one sounds the most like you. Rank order the descriptions from most like you to least like you. Number one should be the description most like you and number four the one least like you. Place your ranking on the line next to the description title.

Analytic Learner ____

- I am good at organizing things.
- I like to figure out how things work.
- I focus on the facts while learning.
- I am patient and reflect on ideas.
- I want to know “important things”.
- I want to fully understand things.

Innovative Learner ____

- I want to make the world a better place.
- I am good at helping others.
- I am good at understanding people’s feelings.
- I like cooperating with others on group projects.
- I like to personally connect with what I am learning.
- I like games that everyone can play and nobody loses.

Mastery Learner ____

- I enjoy doing things I know about.
- I am good at getting things done.
- I like to use common sense.
- I follow a routine every day.
- I like making things.
- I want to find practical solutions.

Dynamic Learner ____

- I enjoy trying new things.
- I am good at discovering things.
- I like to use my imagination.
- I look for hidden possibilities.
- I judge things by my gut reaction.
- I like “what if” questions better than “yes or no” questions.



ACTIVITY 3.3: LEARNER ASSESSMENT

These questions are about things you learned during this activity. Please check the circle that best describes you.

Q1 I can describe my learning personality.

- Not at all like me
- A little like me
- Somewhat like me
- A lot like me

Q2 I understand ways of learning that are different from my own.

- Not at all like me
- A little like me
- Somewhat like me
- A lot like me

Q3 I can explain something in different ways for different types of learners.

- Not at all like me
- A little like me
- Somewhat like me
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