

Self assessment and reflection paper essay sample

[Education](#)



Students learn in many ways, like seeing, hearing, and experiencing things first hand. But for most students, one of these methods stands out. This has been a learning experience for me. I can honestly say that I was excited about learning what my learning style was. I learned a lot from the exercises that I did to determine my learning style. I was also shocked at what my learning style was. It made me look at my studying habits different and made learn in different ways. To be honest, I really did not know my learning style before I took the assessment that one of my classmate posted in our team forum. I used all kind of methods to study with before I found out that I have auditory learning style. When I found this out, everything started coming together. I began to see why some of the things that I was trying to study with was not working. I really thought that I was a visual learner and that I had to see everything, I found that not to be true. After taking the assessment and seeing what my learning style was, I wanted to learn more about it to see why this was my learning style. I wanted to know what characteristics that I have with auditory learning style because I really thought that I was a kinetic/tactic learner. So I decided to do some research on the learning styles to learn a little more about each of them especially auditory learning.

A simple explanation of learning styles is this: Some students remember best materials they've seen, some remember things they've heard, while others remember things they've experienced. Eventually, you may want to consult a professional or your counselor for advice on learning styles, but you may recognize your own style quickly, once you look over the characteristics. If

any of the traits and characteristics below sound familiar, you may have identified your own style (Flemming).

Auditory learners learn best by hearing information. They can usually remember information more accurately when it has been explained to them orally. Auditory learners can remember quite accurately details of information they hear during conversations or lectures. They have strong language skills, which include a well-developed vocabulary and an appreciation for words. The strong language skills often lead to strong oral communication skills. They can carry on interesting conversations and can articulate their ideas clearly. Auditory learners may find learning a foreign language to be relatively easy.

Auditory learners often have musical talents. They can hear tones, rhythms, and individual notes with their strong auditory skills. Some of the characteristics of auditory learner I do not possess, so it shocks me that I am a auditory learner. There are some characteristics that I possess so that makes me an auditory learner. Auditory learners can benefit from using word association to remember facts and lines, recording lectures, watching videos, repeating facts with eyes closed, participating in group discussions, using audiotapes for language practice, and taping notes after writing them.

Auditory learner's worst test is reading passages and writing answers about them in a timed test. The best type tests are good at writing responses to lectures they have heard and they are also good at oral exams (Flemming).

Visual learning is a teaching and learning style in which ideas, concepts, data and other information are associated with images and techniques Visual

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learners learn best by seeing information. Visual learners have strong visualization skills and information presented in pictures, charts, or diagrams is easily remembered. I would have thought that I was more of a visual learner but the learning assessment told me otherwise. I feel that I learn better with seeing things as they happen. Visual learners are good at spelling words but forget names. Well I am not so good at spelling words but I do remember names, so if turned around I would be a visual learner. I guess it do not work like that. Visual learners also have to think a while before understanding a lecture. This definitely is me; it takes me a while to comprehend a lecture. I feel that auditory may be my learning style but visual runs a close race with auditory. Kinesthetic learners learn best by moving their bodies, activating their large or small muscles as they learn.

They often wiggle, tap their feet, or move their legs when they sit.

Kinesthetic learners were often labeled hyperactive as children. They learn through movement, kinesthetic learners often do well as performers: athletes, actors, or dancers. Kinesthetic learners work well with their hands and they may be good at repairing work, sculpting, art, or working with various tools. Kinesthetic learners are often well coordinated and have a strong sense of timing and body movement. I really saw my self in this learning style to because I am very athletic. I am good in all sports and move well. One of my downfalls is I am not good at repairing work nor drawing.

The National Institutes of Health estimate that the incidence of learning disabilities in the general population is 15 to 20 percent.

Fifty-one percent of all the students enrolled in the nation's special education programs are classified as learning disabled. Unfortunately, this diagnosis is often viewed as a hindrance rather than an opportunity for growth and understanding (Farwell). Students learn in many ways, like seeing, hearing, and experiencing things first hand. But for most students, one of these methods stands out (Farwell). Well I saw a little of me in all of the learning styles but the assessment told me that I was an auditory learner. I do see myself as an auditory learner but at the same time auditory learner is running a close race with visual learner. I would say I am a auditory/visual learner. I really learned a lot from this exercise and it has been helpful to me. I will definitely use the information from this study to better myself in the future. I think all students should take a learning assessment; it will definitely help them while in school.

Works Cited

Farwell, T. " Visual, Auditory, Kinesthetic Learners.

Flemming, G. " Learning Styles. About. com Guide. 2013.