Learning Styles

Each of us learns differently and in a variety of ways. Learning styles lead us to prefer to study in groups or alone, with visual aids or by listening to recordings of lectures, and to be extremely well organized or creatively open to new experiences.

Knowing your learning style can help you map out a successful study plan. The University of New England offers students (upon request) a learning style inventory and consultation based on the Myers-Briggs Type Indicator®. Learning Specialists support students in developing successful study plans.

The MBTI® asks students to self-assess their preferences across four domains:

- ***Extraversion-Introversion***: Your score in this area indicates where you direct your energy. Extraverts look to others and action to recharge their batteries and have a preference for attending to the outer world of people and things. Extraverts are activity-based learners. Introverts are energized by solitary pursuits and reflection and prefer attending to the inner world of ideas and thoughts. Introverts like reading.

- ***Sensing-Intuition***: Your score in this area reflects your preference for taking in information. Sensors attend well to detail and prefer activity-based learning with practical applications. Intuitors get "the big picture" readily and like to have the theory before application.

- ***Thinking-Feeling***: Your score in this area reflects a preference for ways of making decisions. Thinkers prefer logic and enjoy analysis and critiques. Feelers look for the values inherent in a decision and the effect on people.

- ***Judging-Perceiving***: Your score in this area reflects a preference for work style. Judging types prefer to be very organized, with a plan and schedule. Perceivers prefer exploration and leaving options open so they can follow their interests.

  Linear learning puts students at a disadvantage in many college courses. Integrative learning results in "test-wise" students.