

Learning styles - Which one are you?● **Reflectors**

Reflectors like to stand back and look at a situation from different perspectives. They like to collect information and think about it carefully before coming to any conclusions. They enjoy observing others and will listen to their views before offering their own.

● **Activists**

Activists like to be involved in new experiences. They are open minded and enthusiastic about new ideas but get bored with implementation. They enjoy doing things and tend to act first and consider the implications afterwards. They like working with others but tend to hog the limelight.

● **Theorists**

Theorists adapt and integrate observations into complex and logically sound theories. They think problems through in a step by step way. They tend to be perfectionists who like to fit things into a rational scheme. They tend to be detached and analytical rather than subjective or emotive in their thinking.

● **Pragmatists**

Pragmatists are keen to try things out. They want concepts that can be applied to their job. They tend to be impatient with lengthy discussions and are practical and down the earth.

How do I relate to others?

Behaviours that are essential to relating to others are listed below. Rate yourself on these behaviours, using the following scale:

1	2	3	4	5	6	7	8	9	10
Very weak		Moderately weak		Adequate		Moderately strong		Very strong	

Taken from P Honey and A Mumford
The Manual of Learning Styles 3rd edition
Maidenhead: Peter Honey 1992



Learning styles - Which one are you?

- **Feelings**
I am not afraid to deal directly with emotion whether it is my own or others. I allow myself to feel and give expression to what I feel.
- **Initiative**
In my relationships I act rather than react by going out and contacting others without waiting to be contacted.
- **Respect**
I express that I am respectful of others even if I do not necessarily approve of what they do.
- **Genuineness**
I do not hide behind roles or facades. I let others know where I stand.
- **Concreteness**
I am not vague when I speak to others. I do not beat around the bush in that I deal with concrete experiences and behaviour.
- **Immediacy**
I deal openly and directly with others. I know where I stand with others and they know where they stand with me.
- **Empathy**
I see the world through the eyes of others by listening to cues, both verbal and nonverbal and I respond to those cues.
- **Confrontation**
I challenge others responsibly and with care.
- **Self-disclosure**
I let others know the person inside but I am not an exhibitionist. I am open without being a secret-revealer.
- **Self-exploration**
I examine my lifestyle and behaviours and want others to help me to do so. I am open to change.