In this activity, students will begin with a Minds-On activity that increases awareness of preference and adaptability when doing a task. Afterwards, students will log into their myBlueprint accounts and complete the ***Who Am I Learning Styles*** assessment and answer reflection questions about their results.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Teacher Led** |  | **Requires Computer** | **X** | **Requires myBlueprint.ca** | **X** |

**LEARNING GOALS:**

1. Students will discover their learning styles and understand how that affects how they learn and complete certain tasks and activities, both academically and in their personal lives.
2. Students will use this knowledge in choosing study tips that work for them.

**MATERIALS:**

* Computers, tablets or mobile devices
* **Handout [A] - Minds-on Activity**
* **Handout [B] - My Learning Style**

**GETTING STARTED:**

1. Have students visit [www.myBlueprint.ca](http://www.myBlueprint.ca), and enter their email and password to log in.

* ***Forgotten password?*** *Students can reset their passwords by clicking on the ‘Forgot your password?’ link in the green Existing User box.*
* ***Forgotten email?*** *As a teacher/counsellor, you can reset your students’ emails and passwords in your Student Manager or My Classes.*

**INSTRUCTIONS:**

1. Provide students with **Handout [A] - Minds-On Activity** and have students complete the activity in pairs. After pair discussion, highlight the connections between the activity and learning styles (people have preferences in methods, but can also adapt).
2. Explain why knowing your learning style is beneficial (i.e., You are a unique learner. No one else learns exactly the same way as you do. There are many benefits to discovering how you process information best, including using your own strategies, reducing stress and frustration, maximizing learning potential, providing insight into your strengths and weaknesses, increasing self-image/self-confidence)
3. Allow students to login to their myBlueprint account and complete the Learning Styles assessment (*20 questions*) using **Handout [B] - My Learning Style.**

**HANDOUT [A] - MINDS-ON ACTIVITY**

1. Draw a house using your left-hand and then your right hand in the boxes below:

|  |  |
| --- | --- |
| **Left-Hand Drawing** | **Right-Hand Drawing** |
|  |  |

1. With a partner, compare drawings and discuss the following questions:

🞏 Is one of the drawings better than the other? Why?

🞏 Do you have a preference for one hand? Why?

🞏 What would you do to adapt if you couldn’t use your dominant hand?

\*\* **Big Idea**: Everyone has preferences when completing a task and learns to adapt when necessary. The same is true when we learn. We call these preferences ***Learning Styles.***

**HANDOUT [B] - MY LEARNING STYLE**

**LEARNING STYLES ASSESSMENT**

1. Select **Who Am I** from the menu navigation on the left hand side of the screen
2. Complete the **Learning Styles** assessment
3. Click **View Full Report** and answer the following questions

🞏 What is your learning style? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

🞏 List four study tips that were recommended to you. Add a star next to the ones you have not tried yet.

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🞏 Select one of the study tips you have tried, and explain why it was beneficial.

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🞏 How will knowing your learning style help you academically or personally?

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🞏 Go to goals and add an academic goal. Include the study tips that you will use (ones you have tried that were successful and ones that you have not tried yet) in the task list