

# Personality Type & Your Learning Style

## Objective

To apply student's personality type and learning style to their current courses.

**Note:** This activity works best after discussing learning styles and personality types as students must be familiar with these topics to appreciate and understand this exercise.

## Time

30 Minutes

## Materials

One copy of the worksheet for each participant.

## Procedure

- 1) Have students complete the worksheet on the following page:
- 2) List current courses in the left-hand column.
- 3) Have students identify the methods of teaching used by the professor for each of the classes in the second column.
- 4) Students should then be able to explain how the professors' styles/methods compliment or clash with their individual learning style (or personality type).
- 5) Finally, allow students to brainstorm ways to overcome the obstacles in each of their classes.
- 6) Students can discuss their findings in smaller groups or with the entire class. Be sure to include available campus resources in your discussion of the exercise.

