



## LEARNING STYLES WORKSHEET

**Directions:** Read the Learning Styles Overview. Use the *Learning Styles Assessment* activity link provided in the FYE Career Exploration site to identify your learning style. Use this worksheet as a guide and to reflect upon your results. Be sure to make an appointment with a career development counselor for further assistance.

### FYE Career Exploration

#### Pre-Activity Question:

Which learning strategies do you currently use while attending classes and while studying?

#### Activity Question:

After reading your results, what is your dominant learning style or your combination learning style?

#### Post Activity Questions:

Which learning strategies will you use in the following settings?

1. Before attending class:
2. While attending class:
3. While studying: