

# LIVES: LEARNING STYLES – BE AN EMPOWERED LEARNER



Centre for Cognitive  
Technologies Pte Ltd

## Who Should Attend/ Key Benefits

Any individual learner interested in empowering himself/ herself to learn better and more efficiently for the purpose of improving academic grades.

Parents and teachers looking for new insights, techniques and tools from educational and psychological research to help their child to excel will also find this programme highly beneficial.

This half day seminar makes you the parent/ teacher aware of your child's/ student's individualised learning styles and equips you with the skills to work with rather than against his/ her learning. For the teacher, knowing the class learning styles profile facilitates more effective teaching.

For the individual child, knowing one's learning styles empowers his/ her learning.



## Introduction

Decades of psychological and educational research has proven that in a classroom situation, at least 70% of students cannot remember three quarters of what they either hear or read, and many of those, do not read well. It is therefore necessary to identify all individuals' learning styles to determine exactly how they take in and process new and difficult information and to teach them how to capitalise on their strengths.

Many people prefer to learn in ways that are different from how other people of the same class, grade, age, culture, race or religion learn. How people learn is referred to as their **learning-style**. Put differently, learning styles is concerned with how each person is likely to concentrate on, process, internalise, and retain new and difficult information. Learners, and teachers alike, have been proven in over 300 University research studies to be able to improve academic test scores by developing learning or teaching strategies that take into account one's learning styles.

Of the different learning styles models, the **Dunn and Dunn Learning Styles Model** is the most widely used and researched learning-styles model in the history of education in North America. **Professor Rita Dunn**, the principal inventor of the Dunn and Dunn Model, has been involved in 33 years of prize-winning research. In 1992, it won the coveted Mensa Research Award for the best international research, and outstanding contribution to the field of intelligence development. More than 116 institutions of higher education from 14 countries, participated in the research on the Dunn and Dunn Model.

Noteworthy, the Dunn and Dunn Learning Styles Model was the outcome of research initiated by the New York State Department of Education, and collaborative work with the National Association of Secondary School Principals (U.S.). The Learning Styles system is the only research proven approach that is designed to directly improve academic performance.

Within the Singapore context, the concept of learning styles was identified in the Thinking School Learning Nation recommendations by the Ministry of Education as one of the key recommended ways that would help teachers become more effective in teaching, and students develop his or her ability to the fullest (*Learning Styles: A Resource Guide for Specialists and Teachers, Psychological Assessment and Research Branch, 2001*).

**LIVES** is the web-based assessment tool of the Dunn and Dunn Learning Model endorsed by the International Learning Styles Network (ILSN) - representing the latest interpretation of this Model.

## Programme Outline

### **Introduction to the Dunn & Dunn Model of Learning Styles**

- A brief introduction to the concept of learning styles
- Individualised interpretation of the result of their LIVES and guidance on how to harness one's learning strengths

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**Centre for Cognitive Technologies Pte Ltd**, is a regional training and research centre that is dedicated to the improvement of human potential and performance by harnessing the latest know-how in 'cognitive technology' drawn from the fields of behavioural/ life sciences.

CCT was the first Board member from Singapore admitted into the International Learning Styles Network (ILSN). In 2004, it won two awards (Emerging Enterprise/ Entrepreneurship) – awarded by CommerceNet. Over the last 9 years, CCT has had 8 research papers accepted for presentation in major international conferences in education. Topics of research covered: Learning Styles, Multiple Intelligences, Resiliency, Leadership, and the use of Reality Martial Arts to enhance character development.

### Your Learning Environment

- Suggests changes to participants' learning environment to enhance ability to process and / or revise new and / or difficult information
- Suggests strategies to deal with classroom environments that are dissonant to participants' learning styles

### Your Physiological Needs

- Identifies one's preferred and second perceptual modalities, i.e. visual, auditory, kinaesthetic, and / or tactual
- Deals with the role of food intake and mobility while learning
- Deals with the importance of one's preferred time of learning

### Your Sociological Needs

- Identifies the social situations in which learning can take place
- Draws attention to differences in attitude towards routine and variety and suggests strategies to harness them

### Your Emotional Traits

- Draws attention to differences in attitude towards routine and variety
- Identifies emotional traits (motivation, persistence, responsibility & structure) and their implications on learning
- Draws attention to non-conformist tendencies and how it can help one to be creative

### Some Tactual Learning Activities

- Shows how active learning can be achieved through creative note-taking

### Kinaesthetic Learning Activities

- Suggests how learning and revision can be structured around games you design to be played by yourself or with others

For more information on programme, please email to [tyc@cognitive-tech.com](mailto:tyc@cognitive-tech.com) or [xinhang@cognitive-tech.com](mailto:xinhang@cognitive-tech.com)

### SAMPLE QUESTION:

