

## About Me

Everybody's learning styles are different. My learning style is very simple to me just because I have gotten used to it over the years. I'm an organized person who has to have things in a strict order. That's considered a Sequential learner. But I could also be known as a little bit of a global learner. Last but not least I'm a visual and active learner. Being an active learner, I believe, has to be one of the reasons why I enjoy dancing so much.

Since I'm a sequential learner, which has to do with how I learn things. I tend to be much more organized than others when I learn. I have to have my book out flipped open to the right page and have a piece of paper for me to take my notes. I write in what you would say an outline form." Sequential learners understand new information in linear steps where each step follows logically from the previous one" (Matters of learning). I'm orderly, and I learn in small steps. When I have a math problem and I need to find the solution I have to stay in a pattern. If I were to get lose trace and stop following along I seem to get extremely frustrated. On the other hand I could be a little of an global learner, because I like to spend a couple of hours on one subject to make sure I have a good understanding of what I just learned that day in class. Instead of have five hours to study six different subjects, I need to take my time on each subject and really understand the big picture, than work on the details. Relating subject to things that are in real life situations also helps me to comprehend the big picture. It seems to take some time for me to understand what I just happen to read out of our books, then like a light bulb I seem to grasp it over all idea.

Being a visual learner is difficult in school especially in college courses. When you have a course like history that is the most difficult and verbal classes you could take.

All we do in class is sit in our uncomfortable chair and listen to him talk for an hour and a half without talking and interacting with your classmates. My teacher did not show graphs or maps of different countries to help the visual learners in the class like me. My sister had a teacher who was kind of the same at teaching when she went to college. She suggested to me that I should bring a voice recorder and tape him during class. So I took her advice. I'm glad I did because it has helped tremendously. I would get home and started studying then, I would forget parts of what my teacher had talked about during class, that's when I would pull out my recorder and play it to refresh my memory. It is the same with my notes. I take a lot of notes for every class incase I would need to look over at the chapter we had covered. For intense Cuyamanaca College suggested to highlighted important information in my books, (A visual learner) or I could pull it out my notes and visually look at it.

Having an active learning style takes doing things hands on, to understand better how every detail relates to what you're learning. It's much easier for me to pick up something new once i have seen it done. " 'Lets try it out and see how it works.' " It's one of the most common phases an Active learner would say' " example by, Active and Reflective learning. "Active learners also benefit from trying out experiments with their new information, and tend to enjoy group work" (Active and Reflective). Sitting through lectures with nothing to actually get my hands on or get involved, I can become very lost even give up trying to understand the big picture. I believe one of the reasons I enjoy dancing so much, it's because if you think about it there is no other way to learn how too dance. You have to see a movement than you cab repeat it. I have been dancing since I was three years old. I have learned how to grasp the concept of being a visual and active

learner while learning new dances. In the past I have had my dance instructor verbally tell me three different movements like: Shawney, triple axial, then, shawney into three fuetes come out of it with a double. She expected me to show her right then and there. It was more difficult than I had realized. It took me some time to think about it, but when I started to play the dance movements in my head, it became clear to me how to impress her. That's when I came aware that I'm an active learner.

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