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## Tech 101-A Self Awareness

### Unit 1-2: Learning Styles

### STUDY GUIDE

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1. Review course structure.
2. Take Lassi in class. Discuss results with instructor and classmates. What did you learn?
3. Review Learning Styles PP found at [https://www4.esu.edu/academics/enrichment\\_learning/documents/pdf/learning\\_styles.pdf](https://www4.esu.edu/academics/enrichment_learning/documents/pdf/learning_styles.pdf)
4. Complete “What’s Your Learning Style” quiz found at <http://www.educationplanner.org/students/self-assessments/index.shtml> under Self-Assessments. How does your learning style influence the way you understand information and solve problems? How can your learning style benefit you once you are working in industry? What are some of the drawbacks? Class discussion.
5. Reflection Paper: Create a plan of learning styles needed if your learning styles don’t align with industry, if they do align, explain how.
6. Complete “Which Study Habits Can You Improve?” quiz found at <http://www.educationplanner.org/students/self-assessments/index.shtml> under Self-Assessments. What can you do to improve your study habits? Create a chart of the ways you can improve your habits and record your progress throughout the term. At the end of term, hand in chart to instructor with your discoveries about what worked, what didn’t work, and the consistency of your implementation of the various study habits. Did you see an improvement? Why? Why not?
7. Reflection Paper: How can you apply what you learned about yourself and your learning style to create better study habits? What are your strengths and weaknesses?





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