

North Country Road Middle School

Counseling Department

The More you Know.....

Learning styles theory (how we learn) is based on the idea that people learn best in different ways. When taking in new information, someone may have strength in:

- visual learning (photos, drawings or presentations)
- visible learning (hands on, building, fixing and creating)
- Talking and hearing things explained

Learning environment (where we learn) can have a significant effect on how well we do:

- Studies show that students whose learning environment are suited to their learning styles can achieve more and have a more rewarding school experience
- Statistics show that students have major increases in academic achievement, are happier toward school and are less anxious.

Today you will register for Naviance. You will do the Self-Discovery activity, and we will go over the results together!

Activity Goal: Each of you commit to do one or two of the strategies in any of your classes over the next two weeks. See if it works for you!