

---

# Learning Styles And Goal Setting

## Introduction

This assignment is an essay about Learning styles and goal setting for students. Learning styles has been regarded as one of the most important factors that control the way people learn. The term learning styles conveys to the understanding that every student learn differently. It is important for the educators to understand the difference in their student learning styles so that they can execute best practice strategies into their daily activities, curriculum and assessments. This essay will demonstrate the importance of learning styles and different learning strategies and techniques that may improve retention and understanding of how student learn.

## Learning Styles

Learning styles are a mixture of many natural and experientially imposed attributes that contribute to awareness. Every person has a learning style—it's as individual as a signature. Knowing students' learning styles, we can organize classrooms to respond to their individual needs for quiet or sound, bright or soft illumination, warm or cool room temperatures, seating arrangements, mobility, or grouping preferences.

([http://marric.us/files/CSTA\\_learnjournal.pdf#page=76](http://marric.us/files/CSTA_learnjournal.pdf#page=76))

Learning style, as such, is the way in which each learner begins to concentrate on, process, absorb, and retain new and difficult information (Dunn & Dunn, 1992; 1993; 1999).

## Learning Style Model

There are many models of learning style but one popular theory, the VARK model, classifies four primary types of learners i.e visual, auditory, reading/writing and kinesthetic.

## Benefits of Learning Styles

Learning styles helps to increase student's self-confidence, improve self-image, teaches how to use brain best, give insight into strengths, weakness and habits and inspires greater interest and motivation for lifelong learning

## Strategies/Techniques to Improve Memory Retention

The strategies that can effectively improve memory, enhance, recall and increase retention of information are focusing your attention, structure and organize, elaborate and rehearse, visualize concepts, relater new information to things you already know and readout loud.

Short term and long-term goals of academic and professional success

A long-term goal is something you want to achieve in the future. Long-term goals require time and planning. They are not something you can do this week or even this year

---

A short-term goal is something you want to achieve soon. A short-term goal is a goal you can achieve in 12 months or less

Some Short-term goals for student will be finish assignments in a timely manner, have to manage time better, learn new skills and have good attitude. Long term goals for students will be focus on self-improvement, get organized, create a morning routine and read more books.

## Goal Setting

According to researcher's goal setting is essential for achievement in the learning process (Anderman,2011). Setting a goal encourage student in self-improvement in different aspect of learning and it help for decision making.

## Conclusion

In this essay information was shown on learning styles for students, the benefit of understanding learning styles and how to be more effective student. In a nutshell following learning styles and setting their goals will help students in academic and professional success.

## References

1. Dunn, R. & Dunn, K. (1993). Teaching secondary students through their individual learning styles: Practical approach for grades 7-12. Boston: Allyn and Bacon.
2. Dunn, R. & Dunn, K. (1992). Teaching elementary students through their individual learning styles. Boston: Allyn & Bacon
3. Dunn, R., Thies, A., Honigsfeld, A. (2001). Synthesis of Dunn and Dunn learning-style model research: Analysis from a neuropsychological perspective. Jamaica, NY: St. John's University's Center for the Study of Learning and Teaching Styles 11439.
4. Bollinger L The need for diversity in higher education Acad Med. 2003 78 431 6 [Crossref] [Medline] [Google Scholar]
5. Jham BC Duraes GV Strassler HE Joining the podcast revolution J Dent Educ. 2008 72 278 81 [Google Scholar]
6. Blouin RA Joyner PU Pollack GM Preparing for a renaissance in pharmacy education: the need, opportunity, and capacity for change Am J Pharm Educ. 2008 72 2 Article 42. [Abstract] [Google Scholar]
7. [http://marric.us/files/CSTA\\_learnjournal.pdf#page=76](http://marric.us/files/CSTA_learnjournal.pdf#page=76))