

UNIT 1: HOW DO I LEARN?

AT THE END OF THIS UNIT, YOU WILL BE ABLE TO:

1. EXPLAIN THE CONCEPT "LEARNING"

2. DESCRIBE WHAT "MULTIPLE INTELLIGENCES" ARE

3. APPLY THE STUDY TECHNIQUES THAT FIT YOUR INTELLIGENCE PROFILE



I.I WHAT IS “LEARNING”?

- Learning is when the way we behave or what we know changes because of something that happened in our lives.

1.2 INTELLIGENCE AND LEARNING

- Intelligence is the ability to learn something and then use what you have learnt. Howard Gardner found out that we learn in more than one way, in other words, each person has more than one intelligence. Although it is easier for you to learn in your specific way, it is important to also learn to learn in other ways. Gardner says that all human beings have at least eight different types of intelligence.

GADNER'S 8 TYPES OF INTELLIGENCES

<p>Verbal Intelligence</p> 	<p>What is it?</p> <p>Use language to write, tell people things and use words to change their minds.</p>	<p>How do you learn?</p> <p>Rewrite class notes; record yourself reading and play while you study; Read your work aloud.</p>
<p>Mathematical Intelligence</p> 	<p>What is it?</p> <p>Use reasoning, logical thinking to solve problems.</p>	<p>How do you learn?</p> <p>Create problems to solve; organize all your work into a logical flow; analyse how your work is organized and why.</p>

Visual Intelligence**What is it?**

Use eyes to learn – remember and explain things in pictures.

How do you learn?

Draw a map of what you learn; draw diagrams and charts; mark your textbooks and find related concepts.

Bodily Intelligence**What is it?**

Use their bodies (movement) to explain something, like to work with their hands.

How do you learn?

Study while you are busy exercising; practice skills and act what you learn.

Musical Intelligence**What is it?**

Use music and rhythm to make sense of things.

How do you learn?

Put words into songs you know; listen to music while you study; sing or hum while you study.

Intrapersonal Intelligence**What is it?**

"Intra" means inside yourself. Use what they know about themselves to learn about the world around them.

How do you learn?

Keep a journal to track your personal reactions to what you learn; study alone and discuss the work with yourself.

Interpersonal Intelligence**What is it?**

"Inter" means between people. Use other people to learn from.

How do you learn?

Discuss your work with your classmates; start a study group that meets weekly.

Naturalistic Intelligence**What is it?**

Use nature to learn about life

How do you learn?

Decide how you can apply what you learn to the natural world; study outside.