

THE PSYCHOLOGY OF LEARNING

Are you are Lark or an Owl?

	Time (using 24hr clock)
At what time would you prefer to get up on weekdays?	
At what time would you prefer to get up on Saturdays?	
At what time would you prefer to get up on Sundays?	
At what specific time during the school day would you prefer to do any difficult schoolwork that demands your full concentration?	
At what specific time during the school day would you prefer to take an important school examination?	
At what specific time of day would you prefer to do hard physical exercise?	
Total	

What learning style works best for you?

Answers to learning style Qs:

Q1:

Q2:

Q3:

Q4:

Q5:

Which letter have you chosen the most?.....

You are a **learner**

But what does this mean??

[Recommended TED talk: Peter Doolittle: How your "working memory" makes sense of the world]