



Table of Contents

Section 1: About Learning

The Learning Cycle	1
Learning through action and reflection.....	1
Learning Cycle	1
Learning Orientations.....	4
Four learning orientations	4
Reflective learning orientation	6
Theoretical learning orientation.....	7
Practical learning orientation.....	8
Active learning orientation	9
Learning Style Profile	10
Profiling learning.....	10
Interpreting the learning style profile.....	11
The Wheel of Thinking	14
Defining thinking	14
Types of thinking.....	15

Section 2: Learning Styles

Your Learning Style Profile.....	17
Instructions.....	17
Completing the LSQ.....	18
Scoring the LSQ.....	20
Validating your LSQ results	21
First validation.....	21
Second validation	23
Third validation.....	25

LSQ Activity 1: Learning style profile	26
LSQ Activity 2: LSQ profile interpretation	28
Double-Dominant Profiles	29
Triple-Dominant Profiles	35
Quadruple-Dominant Profile	39
LSQ Activity 3: LSQ Profile under stress.....	40
LSQ Activity 4: Identifying strengths and weaknesses	41
LSQ Activity 5: Taking action.....	44
LSQ Activity 6: Identifying excuses.....	45
LSQ Activity 7: Working on weaknesses	47

Section 3: More Information

Research References	49
People who informed this Guide	49
David Perkins	49
David Kolb	49
Peter Honey and Alan Mumford.....	50
Bernice McCarthy	50
Mardy Wheeler and Jeannie Marshall.....	51
Everyone who tested this Guide	51
Guide References.....	52
MHA InfoMine Publications	57
Useful Contacts	58
Associations	58
Learning styles	58
Thinking styles	58
Support systems	58
MHA Institute Inc.	59
Author! Author!.....	60