

Honey and Mumford are best known for their **learning style questionnaire**. This self-administered questionnaire determines your **preferred learning style**.

Knowing your learning style can **accelerate your learning** as you undertake activities that best fit your preferred style.

Knowing your learning style can also help **avoid repeating mistakes** by undertaking activities that strengthen other styles. For example, if you tend to "jump in at the deep end", consider spending time reflecting on experiences before taking action.

Activitists (Do)

- Immerse themselves fully in new experiences
- Enjoy here and now
- Open minded, enthusiastic, flexible
- Act first, consider consequences later
- Seek to centre activity around themselves

Reflectors (Review)

- Stand back and observe
- Cautious, take a back seat
- Collect and analyze data about experience and events, slow to reach conclusions
- Use information from past, present and immediate observations to maintain a big picture perspective.

Theorists (Conclude)

- Think through problems in a logical manner, value rationality and objectivity
- Assimilate disparate facts into coherent theories
- Disciplined, aiming to fit things into rational order
- Keen on basic assumptions, principles, theories, models and systems thinking

Pragmatists (Plan)

- Keen to put ideas, theories and techniques into practice
- Search new ideas and experiment
- Act quickly and confidently on ideas, gets straight to the point
- Are impatient with endless discussion