

Your Investment — Knowing Your Strengths and Barriers

Part 1: Learning Styles and Time Management

Learning Objective:

Students will utilize the Wellcast.com overview of personality types to gain an understanding of the Myers-Briggs personality test

Questions this Workshop Addresses:

- How does my personality type influence how I learn?
(http://www.youtube.com/watch?v=nHSZ3_VMgjU)
- What is my Myers-Briggs personality? (<http://www.humanmetrics.com/cgi-win/jtypes1.htm>)

Workshop Outline and Timing:

- Overview CASE and Check-in Cards (10 min.)
- Time Investments (Cutting and Analyzing the Pie) (10 min.)
- Overview video of Myers-Briggs from Wellcast.com (1:35-4:07) and discuss (15 min.)
- Log onto Myers-Briggs test read over self-awareness and career choices (15 min.)
- On reflection cards: Does the Myers-Briggs Type reflect me? (5 min.)

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Part 2: Myers-Briggs, Now What?

Learning Objective:

Students will utilize their results on the Myers-Briggs personality test and assessment of learning style to tailor a study plan and calendar to best serve their learning styles and identify barriers to overcome.

Questions this Workshop Addresses:

- Now that I have a Myers-Briggs Profile, what do I do next? How do I utilize the strengths of my profile and overcome the profile pitfalls?
(<http://www.youtube.com/watch?v=72OW1F8ouvA>)
- What is my learning style? (<http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>)
- What are three techniques that I can use to study smarter rather than study harder?
 - Know your barriers and strategize to overcome them
 - Create accountability—build a schedule that you can follow
 - Utilize study skills that cater to your learning style

Workshop Outline and Timings:

- CASE Introductions/Review from Learning Styles and Time Management Part 1—Pie Charts and Changes (10 min.)
- Transition—Myers-Briggs profiles—who we are and now what do I do? Track advice from video and discuss: <http://www.youtube.com/watch?v=72OW1F8ouvA> (15 min.)
- I know my personality profile and know my strengths, but how does this affect how I study and learn? Three types of learners—Audio/Visual/Kinesthetic—Overview the habits and styles (10 min.)
- My learning style inventory and discuss/Student Example:
<http://www.educationplanner.org/students/self-assessments/learning-styles.shtml> (10 min.)
- Affecting Closure—Homework: Using what you know about your profile identify three people to keep you accountable, three sources of support and three study skills that you can implement now to create success for yourself and e-mail me to schedule an appointment to review and check-in on progress. (5 min.)

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