

How do you learn best?

Category – Brain dominance and Learning Styles

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Last month Brain Bites [Is your brain dominating you?](#) discussed how the non dominant brain hemisphere of an individual in stress will radically decrease its functioning while their dominant brain hemisphere will take over to simply 'get the job done' and to stay safe,. The *whole brain* connection becomes compromised or lost.

Taking that knowledge one step further, this article will speak to the various *Learning Styles* that exist. Preferences for one sidedness occur not only in the brain, but throughout the entire body. This is why the body-mind connection is such a powerful and important factor in how we learn, live and develop in all facets of life.

Did you know that you not only have a preferred hand for writing, you also have a preferred eye for seeing, ear for hearing, hand for touching, arm for reaching, leg for stepping and foot for standing? Indeed you do! Those very preferences connect with the brain in unique ways and ultimately affect how a person functions in relationships, at work, play and in learning scenarios, and most significantly when they are in a new or stressful situation.

Just as each snow flake and fingerprint are unique, our *learning styles* are as well. They are a gateway into understanding our self. Knowing your own *learning style* can provide relief, understanding and support. In many instances where an adult is struggling in the workplace or a student is struggling in school, it is not because they aren't smart enough; it is because the current method of instruction is not accommodating their individual *learning style*. Being in a situation like this makes it difficult to communicate and express one's natural abilities. When this happens, a person can become stuck and quickly become labelled, judged and misunderstood. Teachers, parents and employers then tend toward fear that the employee or student's learning or issues are permanent or there is a mental condition, when in fact, it is simply a lack of awareness on how to provide constructive support to meet the needs of that particular person so they can excel and achieve milestones and goals.

In the work place, this could be someone who has issues with memory ([common in ADHD and ADT](#)); things like taking notes in a meeting or information exchanged from a boss on route to the next meeting, are very difficult tasks. It may look like they were listening but when the deliverables that were promised from those meetings do not happen, or not in the way it was agreed upon. The person may be self conscious about coming back and asking for the same information to be repeated, as it could look like they were not listening and a reflection of poor performance. If the person is aware of their *learning style*, they can communicate their needs and accommodations can be made. Like using a mini recorder during meetings so the person does not have to focus on note taking to ensure they get all the content and they can fully participate or making the

stipulation that walking meetings require a quick summary from the person proposing that format after the exchange.

Assessing an individual's *learning style* is quite straightforward. While the information it reveals is profound in explaining how a particular child or adult organizes their brain, body and nervous system to interact, work, play and learn. Each person is unique and special, and when their *learning style* is known, the person is then understood, appreciated and excels. We all deserve this care, awareness, acceptance and celebration...it's how we actualize our gifts and play our one-of-a-kind song in the world!

"If uniqueness were an indispensable requirement for an evolving society, every person would be indispensable." Paul MacLean, *The Triune Brain in Evolution*, 1990.

By determining your Dominance Profile, you are identifying your list of strategies for learning and what works best for you. Ultimately, you can and must use and develop both sides of the brain and the body. But because our preferences probably have more neural connections, learning may occur faster from a particular vantage point. By using Cognitive Fitness movements you can access more of your internal resources, wholeness and potential.

In supporting the *learning styles* of our Brain Works Global clients, in the workplace, classroom and daily life, we draw upon the pioneering work of Dr. Paul and Gail Dennison and the "Dominance Factor" program of Dr. Carla Hannaford.

Jill Hewlett and Sharon Todd are co-founders of Brain Works Global Inc., licensed Brain Gym® Trainers and *Cognitive Fitness Experts*. Their company trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

For over a decade Jill Hewlett has been providing inspirational and educational [keynotes](#), as well, Brain Works provides [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#). For more information go to <http://www.brainworksglobal.com> or call Sharon Todd, Director of Sales and Operations 905.830.6902.



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