Learning Styles Facilitators Notes – zoom adapted.

Intro

Help everyone to work out what their learning style is – demonstrate graphs.

- Get feedback from whole group – real or not real? Can they give examples?
- Any disadvantages to your style?
- ??Play groups off each other (in a friendly way) – probably not.

Presentation HONEY & MUMFORD. (adapted for quicker run through) What all of this means for the personal learning, ePortfolio, and GP training.

Small Groups (approx. 30mins)

1. What bits do you agree/disagree with having heard the talk? Can you give examples from your real life?
2. Now look at your stronger learning preferences.   Give examples of what you might you consider doing which fits in with your learning style in order to make your training possibly more effective?
3. Did you have any weak areas? What dangers do you see ahead (in terms of your training) because of having those weaker areas?
4. What do you think you might consider doing in order to boost your weaker learning preferences and thus make you a better all rounded learner?

Transactional Analysis

Intro

- Check everyone knows their default ego state based on the questionnaire.
- Give a scenario and ask one Controlling Parent, one Nurturing Parent one Adult and on Child what they would do.   'Your child has been late back from school three times this month. You've been worried sick.   You've already had a word with them before. What would you say or do this time around?'

Presentation EGO STATES AND TRANSACTIONAL ANALYSIS (adapted for quicker run-through).

Small Groups (Approx 30 mins):
1. What bits do you agree/disagree with having heard the talk?
2. Can you give examples from your real life?
3. In general practice (and in hospitals) you will be working with loads of different people (patients, colleagues, other teams).   How do you think your behaviour style or ego state will

affect working with colleagues and patients? (think of positive and negative aspects).   Can you bring in any real experiences from previous jobs?

4. (Optional) Scenario - you are really busy and need the help of one of the nurses on the wards to do some blood for you. How would you go about doing it in each of the styles? Get the parents to play the nurse and the children to get them on board. Then vice versa. Then the adults – to see how they do things differently. Try and play them off each other.

5. Any insights how they might handle their family members or friends differently / more effectively?

Finish off with: General feedback about what they make of the session and it's contents? New stuff or not?   Useful or not.

Return to whole group.

- Ask everyone what bits are they going to take home….

Final Slide: Encourage trainees to write a short reflection (perhaps first ePortfolio entry).
1. What is your strong learning style? What is your weak style (if any)?
2. What will you continue to do (in terms of learning) in keeping with your strong style?
3. What will you consider doing to boost weaker areas?
4. How are you going to use the Ego State / Transactional Analysis information.