



## Learning plan and portfolio: reflection on your learning styles

The aim of this form is to assist you to select education activities which best suit your preferred learning styles. Where possible, ensure you include a range of activities. Assess whether you have tended to participate in one type or a range of activities. Ensure you include comments on the different learning styles, for example, attending lectures, practical sessions, online learning, group work. Use this information to identify your preferred learning styles.

Past learning experience	What teaching methods were used?	Which of these teaching methods did you find most helpful?	How will this affect your choice of learning in the future?

Adapted from RACGP 2004: Tool 4: Learning plan and portfolio: reflection on your learning styles