Pat Sample

Thursday, March 23, 2006
Welcome to the
Cognitive Thinking Style Profile

What are Cognitive Thinking Styles?

Cognitive styles are the preferences that individuals have for thinking, relating to others, and for various learning environments and experiences. According to Noah Webster, "cognitive" or "cognition" refers to the faculty of knowing; the act of acquiring an idea. This profile will help explain one of the many thinking style models in existence today.

Cognitive Thinking Styles are based on a few simple principles worth remembering:

- People are Different.
- Different thinkers are motivated to learn in different ways.
- Individual differences among us should be respected.
- People with different styles can be equally intelligent.

Research has shown that thinking characteristics can be grouped into four patterns or styles. People with similar thinking styles typically prefer similar types of homework, exams, study environments, and are motivated to learn in similar ways. The four different modes of thinking are broken down in the following manner:

L = These people are organized, direct, practical, factual, and efficient. We call them **LITERAL THINKERS**.

I = These people are imaginative, sentimental, perceptive, and adaptable. We call them **INTUITIVE THINKERS**.

T = These people are analytical, logical, deliberate, and thorough. We call them **THEORETICAL THINKERS**.

E = These people are curious, realistic, innovative, and challenging. We call them **EXPERIENTIAL THINKERS**.
This Cognitive Style graph is a wonderful tool that helps you visualize your cognitive style. You can see the intensity of each of the four core styles. The higher the number value (8-32) in each column, the greater the energy expressed towards that particular style. You should be most concerned with the points above the midline. These are your cognitive style strengths. The remainder of this profile focuses on the qualities and characteristics of each of the four core styles. If you have only one point above the midline, you have a pure cognitive style. However, pure cognitive styles are rare.

The cognitive styles of most of the population is a combination of two or more styles above the midline. Take a look at your highest point and where it falls in relation to the other three points on your graph.
The Intuitive Thinker at a Glance

The Intuitive Thinker

At a Glance...

- Believes that life and learning are personal experiences.
- Tunes into feelings and attitudes around them.
- Learns from others in a friendly, cooperative way.
- Uses their imagination to make learning real.
- Responds easily to friendly people.
- Asks for personal opinions from others before deciding.
- "Reads into" what is said.
- Is unpredictable and spontaneous.

Intuitive Thinkers Tend to be...Sensitive in their thought.

- impressionable
- sympathetic
- sentimental
- adaptable
- instinctive
- imaginative
- sensitive
- perceptive
The Intuitive Thinker's Characteristics

The Intuitive Thinker

General Characteristics

- senses, experiences, expresses, cooperates, imagines, appreciates, interprets, and communicates
- is ruled by emotions and feeling; wears heart on sleeve; volunteers feelings easily
- can easily get discouraged by a teacher's criticism
- likes personal attention from a teacher
- draws upon past feelings when deciding, and looks seriously at past consequences
- helps others out of friendship rather than needing to get the task done
- does well on tests where he/she has the opportunity to explain in his/her own words
- learns from others by watching and talking informally
- explains knowledge through stories, metaphors, and personal experiences
- prefers reading interpretations of ideas rather than the ideas themselves
- adjusts easily to changes in routines
- can have many projects in the works at once; goes back and forth between projects
- is not affected by a messy work space
- may have difficulty with objective tests
- gets bored with details and "busy work"
- likes to learn about human nature; work with people

Key Words that apply to a Intuitive Thinker are:
Emotional, Subjective, Interpretive Sensitive, Sociable, Understanding, Caring, Empathetic, Imaginative, Flighty, Colorful, Adaptable, Media-Oriented, Idealist, Good Negotiator
The Intuitive Thinker: Thinking and Working Style

Where Your Thinking Excels

Your strengths are...

- Staying optimistic when others are negative
- "Reading into" the communication of others
- Negotiating effectively
- Mediating when two sides are at odds
- Cooperating with others to achieve a goal
- Networking during social gatherings

Where Your Thinking is Limited

You may have difficulty with...

- Remembering precise details and facts
- Receiving any type of criticism
- Keeping schedules and deadlines
- Focusing on the task at hand
- Giving in to peer pressure
- Aggressive personalities

How You work in a Group

You...

- Contribute understanding, imagination, and optimism to the group
- Sense what others need
- Adapt to change, different situations, and different people
- Bring harmony to a group in the midst of conflict
- Are supportive of another's role in the project

How You Work Alone

You...

- Like to use imagination and increase communication skills through reading
- Try to interpret the overall theme of a book
- Relate to the experiences of characters
- Enjoy colorful metaphors; can take three or four meanings from a passage
- Keep an open mind when reading
- Enjoys fiction, literature, poetry, novels, self-help, psychology, sciency fiction, magazines, editorials, and biographies
How You May Improve Learning

The Intuitive Thinker

- Create opportunities to study in a group or with another person (but not another random style—you may get off track). You are a "dependent" learner; you need to be pushed or pulled by someone else.
- Ask for frequent feedback from leaders, but develop a thicker skin regarding criticism. Don't let discouragement or rejection get the best of you.
- Choose projects that allow you to use your creativity and imagination. You will excel in these areas.
- Choose oral exams, essays, and opportunities to elaborate. Black/white, yes/no formats restrict you.
- Get in the habit of keeping a calendar, a schedule, and exact records of important things you need to accomplish, or you may likely forget them.
- Pay more attention to a lecturer's content and less attention to his/her presentation skills.
- When writing papers, begin with broad concepts and then narrow down to more detailed information. If you try to pick out details first, you may have difficulty.
- Practice objective thinking. Take your feelings and opinions out of your work when necessary.
Being Aware...
This Report has provided you with a way to differentiate four styles of thinking. Taking the profile, discovering your style, and understanding different thinking characteristics has, at the very least, made you aware of the various thinking preferences. It was not intended to label you in any way.

Maximize Strengths; Minimize Weaknesses
Your mind has distinctive qualities and preferences that differ from the person next to you. The exercises on the next page titled Wrap Up 2, will help you further pinpoint your mind's preferences. Once you can identify and appreciate your strengths and limitations, you can minimize or maximize them in all types of learning situations.

Know Yourself...
To know yourself sometimes requires that you stand outside yourself and observe the internal processes that prompt your behavior. Your profile has indicated that you "lean" toward one or two cognitive thinking style(s). Now it's your turn to admit, "I think I like that," "I do that," "That's really me."
Mind Exploration Exercise

1) Please list your LITE profile scores in the space provided.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2) What is your reaction to your thinking style scores? Do you agree or disagree with the characteristics attributed to your dominant style? If you disagree, with what aspects in particular?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3) Which set of style characteristics describes you best? Are there any characteristics you would add?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4) Looking back at your dominant cognitive style, do you feel this thinker represents your thinking fairly?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

a) Where does your thinking excel? "I know I am good at..."

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

b) Where is your thinking limited? "I know I have difficulty..."

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
c) What are your strengths in a group project? "I prefer to contribute to a group project by..."


d) How do you approach an independent task like "reading?" What motivates you to read? What kinds of materials do you prefer to read?


5) What comes naturally to you? "I currently practice the following strategies..."


6) What practices will you have to force yourself to do? "I don't look forward to..."


7) Now that you have become familiar with all four styles, which style(s) do you have the most difficulty understanding or getting along with and why?


8) What style characteristics, which you listed in question three, will help you in the profession you plan to enter?
9) What characteristics from other styles do you "wish" you had?


10) Explain what you can do in the future to develop the characteristics you wish you had?