English for Specific Purposes

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Course : English for Specific Purposes (English 1)

Coefficient : 01

Level : First-year Preparatory Cycle

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NHSM -Sidi Abdellah-

Table des matières

Objectifs

At the end of this whole ESP course, first-year preparatory-cycle students at NHSM will be able to:

- **Understand** study skills and their importance.
- **Recognize** the multiplicity of learning styles and preferences.
- **Outline** the different ways of overcoming academic obstacles.
- **Design** a comprehensive study plan that integrates study skills, personal learning styles and preferences, and strategies to overcome obstacles and cultivate a growth mindset.

Chapter Two : Understanding Individual Learning Styles and Intelligences

Understanding different **learning styles** is essential for students to **optimize their study methods** and **enhance their learning outcomes**. **Learning styles** encompass various preferences and approaches to **acquiring knowledge**, including **visual, auditory**, **kinesthetic**, and **reading**/**writing** modalities.

1. The Specific Objectives of This Chapter

At the end of this second chapter, students will be able to:

- Identify the different types of learning styles (visual, auditory, kinesthetic) and Gardner's multiple intelligences (e.g., linguistic, logical-mathematical, spatial).
- Apply their knowledge of learning styles and multiple intelligences to identify their own learning preferences.

2. Types of Learning Styles

Q *Remarque*

They are widely known as *VARK*∗ **learning styles**, **strategies** or **techniques**. **V**: visual; **A**: auditory; **R**: Reading/writing; and **K**: kinesthetic.

- **Visual Learners**: These learners prefer learning through **visual aids** such as **diagrams**, **charts**, and **graphs**. They benefit from using **color-coded notes**, **mind maps**, and **visual mnemonics** to enhance **comprehension**. Below are two illustrative examples of two techniques used by visual students.
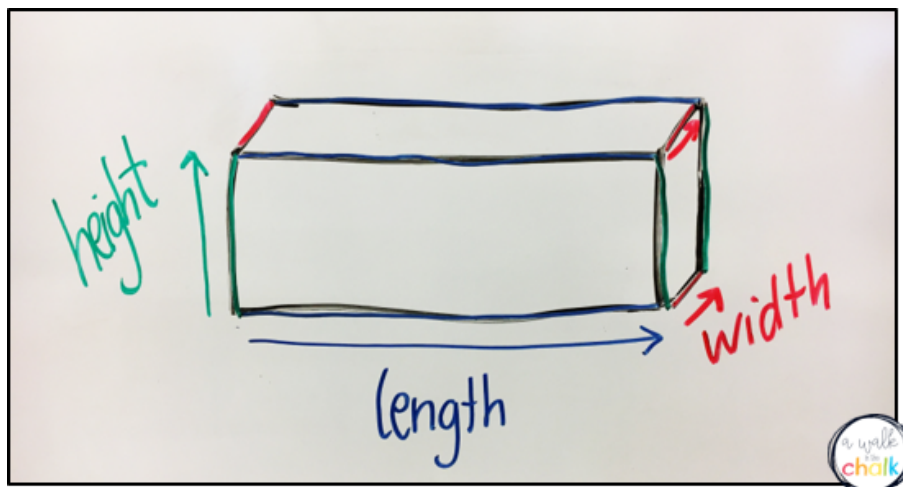

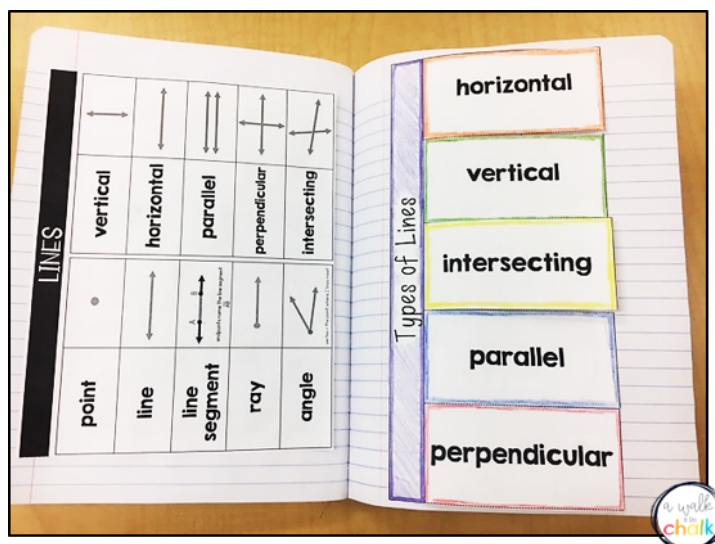*Figure 3 : Example One of Visual Students' Techniques*

Figure 4 : Example Two of Visual Students' Techniques

- **Auditory Learners**: Auditory learners excel in learning through **auditory cues** such as **lectures**, **discussions**, and **verbal explanations**. They may benefit from **recording lectures** or **readings to listen to** later, **participating in group discussions**, and **explaining concepts out loud**. Effective study strategies for auditory learners involve **engaging** in **discussions**, listening to **recordings** or **podcasts**, and **verbalizing concepts** to reinforce understanding.

? *Exemple*

Numberphile is a **podcast** channel available on Spotify that auditory math students might find interesting.

Kinesthetic Learners: Kinesthetic learners learn best through hands-on activities, movement, and tactile experiences. They may benefit from incorporating **movement** into study sessions, using **manipulatives** or **physical objects** to illustrate concepts, and practicing through **role-playing** or **simulations**. Studying effectively for kinesthetic learners involves engaging in **interactive activities**, utilizing **hands-on experiments** or **demonstrations**, and incorporating **movement breaks** into study sessions.

[cf. Tips for Kinesthetic/Tactile Learners]

- **Reading/Writing Learners:** Reading/writing learners prefer learning through **written materials** such as **textbooks**, **articles**, and **written instructions**. They excel in taking **detailed written notes**, **creating outlines** or **summaries**, and engaging in **writing-intensive activities** such as essay writing. Effective study strategies for reading/writing learners involve focusing on **reading and writing tasks**, utilizing **written materials extensively**, and creating **written study guides** or **flashcards**.
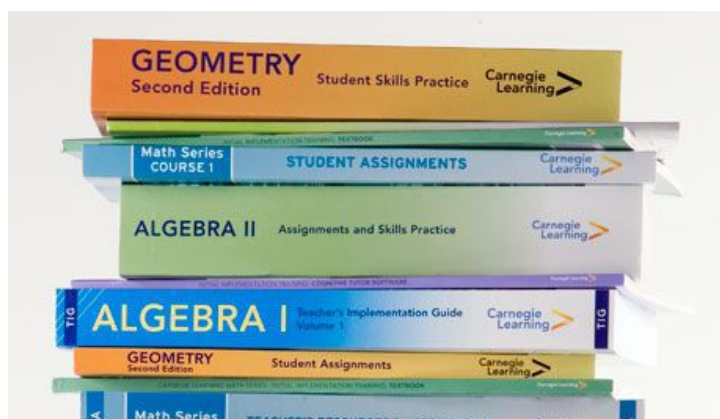

Figure 5 : Textbooks are a Good Source for Kinesthetic Learners

Understanding and **accommodating** these diverse **learning styles** can significantly enhance **students' study habits** and **academic performance.**

3. Exercice : Short answer quiz : I have grasped the concept !

[solution n°1 p. 8]

What does VARK refer to ?

4. Gardner's Multiple Intelligences

🔑 *Définition*

« An **intelligence** *is the ability to solve problems, or to create products, that are valued within one or more cultural settings. »* (*Gardner, 1983/2003∗*, p. x, my emphasis).

Based on **Howard Gardner's theory of multiple intelligences**, individuals possess varying strengths across **eight** different intelligences: **linguistic**, **logical-mathematical**, **spatial**, **bodily-kinesthetic**, **musical**, **interpersonal**, **intrapersonal**, and **naturalistic**. This theory expands the traditional view of intelligence beyond *IQ∗* and recognizes the diversity of human capabilities.
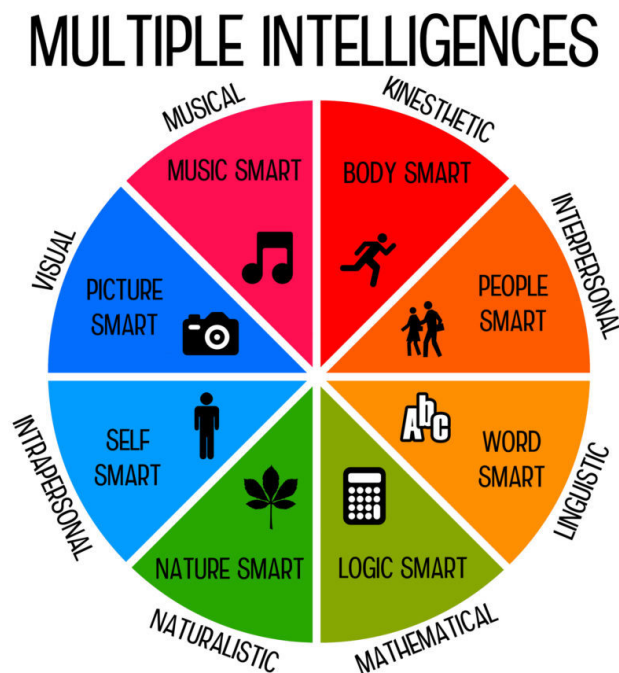

Figure 6 : An illustration of Gardner's Multiple Intelligences Theory

An Illustrative Video that Explains Gardner's Theory

- **Linguistic Intelligence**: This intelligence involves proficiency in language, including reading, writing, and verbal communication.
- **Logical-Mathematical Intelligence:** Individuals with this intelligence excel in logical reasoning, problem-solving, and mathematical concepts.
- **Spatial Intelligence:** Spatially intelligent individuals have a strong ability to perceive and manipulate visual and spatial information.
- **Bodily-Kinesthetic Intelligence:** Bodily-kinesthetically intelligent individuals possess exceptional control and coordination of body movements.

- **Musical Intelligence**: Musical intelligence encompasses sensitivity to rhythm, pitch, melody, and timbre.

💡 *Fondamental*

Knowing your **learning style** and **type of intelligence** helps you tailor your math study methods for **better comprehension** and **improved performance**.

5. Exercice : Multiple choice quiz : Let me check my understanding of "Gardner's Theory of Multiple Intelligences" !

What does Gardner's Theory of Multiple Intelligences involve ?

☐ Visual Learning Style

☐ Logical-Mathematical Intelligence

☐ Interpersonal Intelligence

☐ Critical Thinking Skills

☐ Musical Intelligence

☐ Problem-solving Abilities

☐ Public Speaking Skills

6. Exercice : Paragraph writing : Let's dedicate some time to writing !

Please, answer the following questions, **justifying your answer.**

- What do you think is your dominant learning style?
- Which of Gardner's intelligences resonate most with you?
- How can you use this knowledge in your studies?

Your answers shoud be sent in a Word or PDF format via email before the 15-05-2024.

Solutions des exercices

Solution n°1

What does VARK refer to ?

VARK refers to Visual, Auditory, Reading/Writing, and Kinesthetic.

Solution n°2

What does Gardner's Theory of Multiple Intelligences involve ?

- ☐ Visual Learning Style
- ☑ Logical-Mathematical Intelligence
- ☑ Interpersonal Intelligence
- ☐ Critical Thinking Skills
- ☑ Musical Intelligence
- ☐ Problem-solving Abilities
- ☐ Public Speaking Skills

Abréviations

IQ : It is short for "intelligence quotient". To explain further, IQ is a measure of a person's intellectual abilities in relation to others. IQ scores are typically derived from standardized tests designed to assess human intelligence through various types of questions and problems.

VARK : An acronym representing four primary types of learning styles: Visual, Auditory, Reading/Writing, and Kinesthetic. Understanding these styles helps individuals tailor their study habits to their preferred way of learning.

Bibliographie

Gardner, H. (1983/2003) Frames Of Mind : The Theory of Multiple Intelligences. New York : BasicBooks