TASK 5

Learners, the MI assessment and reflection:

(Chosen instead of Task 3)

1. Complete the online assessment task with your learners (you may need to select one class) and then have them complete a) and b) from TASK 1 above;
2. Have a class discussion about the assessment and report on the comments made during the discussion from notes you collected at the time;
3. On the Forum, comment on the process and any revelations you have about your students’ multiple intelligences from the assessment results.

# Background

The role of an Allied Health Assistant(AHA) involves providing exercises to patients or retraining them to dress themselves, walk, do shopping, cook and many more ADLs (Activities of Daily Living). The AHA themselves may have a preferred learning and teaching style which needs to come second place to the preferred learning style of their patient. Providing written exercises without actually doing them to a patient who is preferred intelligence is bodily/kinaesthetic will result in low compliance. The same may count for providing pictures of exercises to a patient who prefers written words for exercise description as their preferred intelligence is linguistic. A patient with a dominant musical intelligence may do better when the music is on in the background and so on. As such, the AHA must be fully aware of their patient’s preferred learning style. Differences in learning styles and multiple intelligences have been discussed during delivery of content associated with the Physiotherapy cluster. However, doing a Multiple Intelligence self-test may assist the AHA students with a deeper understanding.

# Multiple Intelligence Self-Test

The multiple intelligence self-test I chose for the AHA students was the one provided by ‘Businessballs.com’. I found this test to be fairly extensive but still reasonably easy to do and the website provided one sheet with great explanations of each intelligence. The usefulness was demonstrated by one of my students who does not have linguistic as one of her preferred intelligences. Besides a couple of explanations required for some words she was able to do the whole test unaided. Not surprisingly her dominant intelligence was the bodily/kinaesthetic.

Feedback form the students was that they found it interesting to learn more about themselves and how intelligences play a role in learning and teaching; for most the dominant intelligence was not a surprise and for some they needed to be able to see their dominant intelligence in context. This was the case with the student who had music as her dominant intelligence. She found that a little strange as she did not play an instrument. However, she did confirm that when she hears a tune she does find it easy to identify who is singing or to continue with the tune if it suddenly stops. She loves to learn with music in the background, which did get her trouble when she was still in high school.

By using the multiple intelligences in context students were better able to understand how these intelligences play a role in learning new skills and information and why some people may or may not comply with the exercise routine provided. They also understood the importance of these multiple intelligences and that all patients are different individuals for their role as an AHA in the future.

# Reflection

Working as a physiotherapist I have come from a medical model of health; I have always been very good in telling people what to do to enhance their health or reduce their pain. However, I have not always been very good with understanding why some people follow my advice to a T and why some seem to lack compliance and seem to have no interest in improving. Over time, and with the multiple intelligences knowledge, I have learned that each patient learns in different ways and in their own time. As such, using the techniques of health coaching which is a more holistic approach taking into consideration the whole patient is far more successful. Working closely with the patient you try to establish how and when certain actions should be undertaken and as such aiming for better compliance. With the introduction of the multiple intelligences information and self-test in the course delivery I hope my students will be a few steps ahead of where I was when I finished my studies and as such will be able to be part of a more social (holistic) model of health delivery.