**In Print**

Gail Wood’s book *How to study: Use Your Personal Learning Style to Help You Succeed When It Counts* (Learning Express Press, 2000) provides an introduction to learning styles, offering tips and suggestions for making use of the way that you learn.

In addition, David Keirsey’s *Please Understand Me ll* (Prometheus Nemesis, 1998) and Linda Beren’s *Understanding Yourself and Others* (Telos, 2006) offer insight into different personality types.

*Don’t Sweat the Small Stuff*…*and Its All Small Stuff (*Hyperion, 2007) written by Richard Carlson, is a down-to-earth guide that is meant to help you sort out what is—and is not—important in your life.

**ON THE WEB**

Many sites on the World Wide Web provide the opportunity to extend your learning about the material in this module.

* Greg Kearsley, an instructional designer and online course developer at Walden Institute, has developed a useful site call “Explorations in Learning & Instruction: The Theory into Practice Database.” (tip.psychology.org/index.html). This database contains short summaries of 50 major theories of learning and instruction.
* The University of Arizona’s Learning Center site ([www.ulc.arizona.edu/selfassessmant.php](http://www.ulc.arizona.edu/selfassessmant.php)) offers a number of self-assessments including a Learning Style Profile Generator and a Learning Style Assessment.
* An excellent set of guidelines on setting yp a personal mission statement can be found at Kent State University’s Ohio Literacy Resource Center site (http://leteracy.kent.edu/Oasis/Leadership/mission.htm)