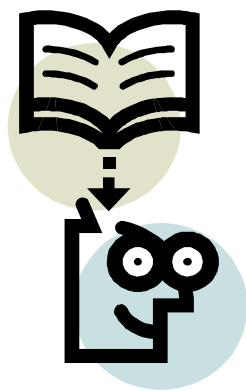


Chapter 1

Learning Styles

Education is all about learning

There is no universal method by which all of us learn



We all learn in different ways and often it is trial and error to find out which style of learning best suits us

Everyone has a unique style of learning which allows them to learn information efficiently. For this reason it is important to investigate the type of learner that you are. Knowing your learning style will help you develop coping strategies to compensate for your weaknesses and benefit from your strengths.

The three main learning channels include:

1) Visual

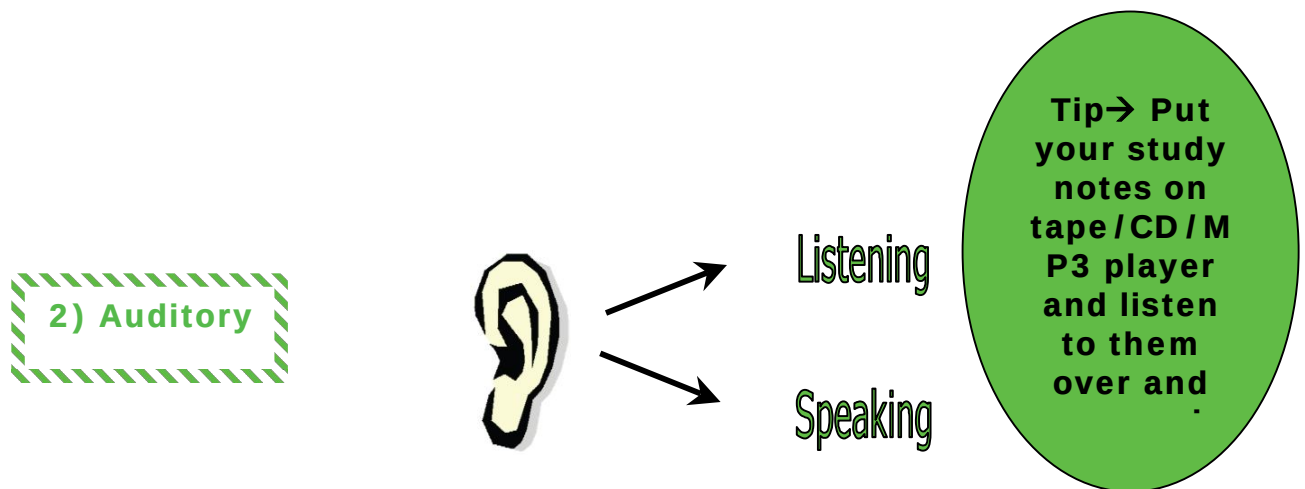


Seeing

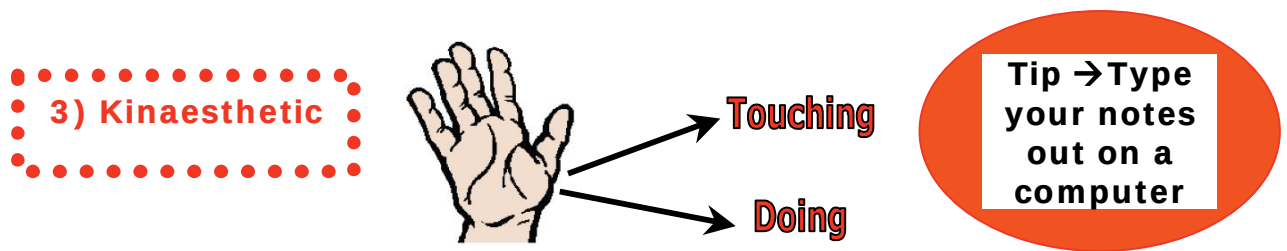
Reading

Tip → Use flashcards, highlighters, colour coding

Individuals who learn primarily through the visual channel tend to learn best by seeing. They may think in pictures and prefer diagrams, images, pictures, colours, videos, flipcharts and hand-outs. They can easily visualize objects, plans and outcomes in their mind. This type of learner has a preference for seeing an activity demonstrated rather than just verbally explained. In general when reading, the visual learner will conjure up images in order to understand the text they are reading. They will often remember faces rather than names.



Auditory learners prefer to learn through words, usually by listening e.g. to conversations or listening to the radio. They can take in language very quickly, whether it is spoken or read. They are often talkative, needing to think aloud. Auditory learners are more likely to remember somebody's name than what they look like. They can also remember quite accurately details of information they hear during conversations or lectures. They have strong language skills, which include a well-developed vocabulary and an appreciation for words. The strong language skills often lead to strong oral communication skills. They can carry on interesting conversations and can articulate their ideas clearly. Often information written down will have little meaning until it is heard.



Kinaesthetic learners prefer to learn by 'doing' and learn best through touch, movement and manipulation. They actually concentrate better and learn more easily when movement is involved. Furthermore, they often enjoy physical activities and crafts, and would rather get something straight out of the box and figure it out than read the instructions. They often dislike sitting still in long talks and like to move around when working. Kinaesthetic learners often wiggle, tap their feet, or move their legs when they sit. Kinaesthetic learners learn best by moving their bodies, activating their large or small muscles as they learn.

Tips for Visual Learners

- **Replace or accompany text with visual aids.**
- **Use multimedia computer activities which have a high visual content.**
- **Use visual mapping, organisational charts and vision boards.**
- **Highlighting important aspects of the text.**
- **Use images, pictures and colour to help you learn.**
- **Test yourself by visualizing main ideas or questions and write the details or answers.**
- **Rewrite or redraw things from memory.**
- **Use flash cards for learning new spellings or definitions - then close your eyes and visualize what you have seen and then write the word / definition out on paper.**
- **Highlight and underline key ideas.**
- **Retype notes - use different fonts, bold print, and underline important concepts and facts.**

Tips for Auditory Learners

- **Participate in discussions**
- **Listen to audiotapes, radios or the television**
- **Explain concepts aloud to others**
- **If possible record lectures and study groups (Then you have a verbal record you can review).**
- **Read aloud written material when studying and then restate it in your own words.**
- **Form study groups to discuss written material or prepare for upcoming tests.**
- **Discuss your ideas verbally whenever possible, even if you're having a conversation with yourself!**
- **Make up and repeat rhymes to remember facts, dates, names, etc.**

Tips for Kinaesthetic Learners

- **Hands-on activities are a good way of learning – the ideal would be to add practical elements to the learning experience.**
- **Rewriting notes can utilise the physical component to add to the visual aspect of learning**
- **Study in short blocks of time and take frequent breaks when studying.**
- **Draw charts or diagrams of relationships.**
- **Change locations each time you take a break to help stretch your legs and give you a chance to move about when studying.**
- **Study or brainstorm while walking or working out.**
- **Transfer reduced information to flash cards.**
- **Write, copy, and underline with bright colours.**
- **Make your learning more active by creating or using computer software, puzzles and other hands-on activities will help you to learn through doing.**

FIND OUT YOUR OWN LEARNING STYLE

Please Circle the answer that best reflects you	
Do you tend to remember	
Faces?	
Names?	
Do you prefer to	
Listen to the music/radio/TV?	
Play sport/go for a walk?	
Do you prefer	
To get on with a practical task and try it out?	
Or read up about it first, so you know what you need to do?	
Do you prefer working out solutions to problems	
By doing the task and then seeing how it works?	
By talking about the task first?	
Do you prefer to get information in	
Pictures, diagrams, graphs, or maps?	
A written format?	
Do you remember best	
What you see?	
What you hear?	

Scoring the Learning Styles Questionnaire:	
Q1	A = Visual B = Auditory
Q2	A = Auditory B = Kinaesthetic
Q3	A = Kinaesthetic B = Visual
Q4	A = Kinaesthetic B = Auditory
Q5	A = Visual B = Kinaesthetic
Q6	A = Visual B = Auditory

If you chose, e.g. A for Q1, then tick the visual column below. Do this for all questions.

Whichever column has the most ticks indicates your preferred learning style.

Note some people will have equal scores in all three columns which indicates that you learn best evenly through all learning channels.

Visual	Auditory	Kinaesthetic

WHAT NOW?

- Try different methods of learning by using the tips outlined above. This may prevent you from feeling frustrated when you are trying to study and learn.
- If you experiment with different learning styles, you may find that different styles of learning allow you to reach your potential more efficiently and effectively.
- Try using the tips that best suit your learning style one at a time. Don't try and change everything at once. Remember, not all of the tips will suit your style of learning so take on board the ones that do and discard anything you don't find useful!
- If you feel that you are not reaching your potential in school or college you may need to change your study habits i.e. getting in tune with your learning style.
- It is important to be tuned into how you as an individual process information. Additionally, knowing your own style can also help you to realize that other people may approach the same situation in a different way from your own.
- It is good to know what your learning style is so that you can respond most effectively to the material being presented. Even when the material is not presented in the way you prefer, you can use your knowledge of learning styles to adjust and be flexible, no matter who your instructor is or what the topic might be.