

# ***Your Learning Style***



Some people learn by ***seeing***; they are the **visual learners**.



Some people learn by ***hearing***; they are the **auditory learners**.



Some people learn by ***doing***; they are the **tactile learners**.

We all learn in different ways. We have *learning style preferences*. These preferences are based on which senses we like to use the most.

## **THINK ABOUT IT**



How do babies learn? They like to grab *and* touch. Everything they pick up goes into their mouths.



As we get older, we depend more on visual, auditory, and tactile (sometimes called kinesthetic) learning.



Schools and teachers have tended to focus on visual learning. This has traditionally given an advantage to visual learners.



Modern learning theorists believe that all learning styles are powerful. Use and practice your strengths but don't forget that a balanced learner who can use all senses may have some advantages. This means that you should work on your weaknesses as well as your strengths.

The following pages (based on information presented by the University of Kentucky) give some tips that might help you better understand and use your strengths while also improving your weaknesses.

## AUDITORY LEARNERS

Strengths	Weaknesses
- Remember what they hear	- Distracted by noises
- Talk while they write	- Sometimes find games annoying
- Remember by listening	- Written material may have little meaning until also heard
- Like new info to be spoken	- Often have difficulty remembering faces
- Prefer lecture classes.	

If you have a strong preference for auditory learning, you should consider the following:

- Attend lectures and tutorials.
- Discuss topics with instructors and other students.
- Explain new ideas to other people.
- Use a tape recorder to record lectures.
- Summarize your notes onto tapes and listen to them.
- Read your notes out loud.
- Explain your notes to another auditory learner
- Study for tests with another auditory learner or in a study group
- Use rhymes or tunes to remember facts and lists.
- Reason and think out loud when you can.
- Practice skills that will improve visual and tactile learning as well
- Tell somebody about this sheet! If you talk about it, you might understand and remember it better.

### Discussion Notes:

## TACTILE (KINESTHETIC) LEARNERS

<b>Strengths</b>	<b>Weaknesses</b>
- Best remember what was done.	- Remember less what was seen or talked about
- Touch and movement important.	- Often don't hear things moll
- Often love games.	- Often not avid readers
- Learn by doing.	- Impulsive
- Touch things to get a sense of them.	
- Like to dress comfortably.	
- Enjoy stimulation (cooking, eating, sports)	

If you have a strong preference for auditory learning, you should consider the following:

- Practice using all of your senses.
- Practice new skills as much as you can.
- Ask for examples in class.
- Use a "hands on" approach as much as possible.
- Don't be afraid to use the trial-and-error method to solve problems.
- Remember real examples to help you remember new ideas.
- Make summaries of your notes that include examples.
- Use pictures to illustrate an idea.
- Practice writing out answers for a test.
- Teach new material to someone else.
- When reading, hold the book up off the desk in your hands.
- Sit near the front of the classroom, as close to the instructor as you can.
- If appropriate, build a model.
- Use a computer to study, if possible.
- Write out new terms and lists over and over.
- Find out about other learning styles. Practice using other senses.

### Discussion Notes:

## VISUAL LEARNERS

Strengths	Weaknesses
- Remember what <i>was read</i> or seen.	- Don't always <i>remember</i> what they hear.
- Often have a vivid imagination.	- Unhappy if they don't have detailed notes.
- Like to use colour	- Need to see information written down.
- Think in pictures or words.	- Difficulty remembering names.
- May be avid readers.	
- Remember faces.	
- Like written reports better than verbal ones.	
- Like to make lists.	
- Sensitive to the way things appear.	

If you have a strong preference for visual learning, you should consider the following:

- Use underlining and different colours in your notes.
- When reading, highlight if possible.
- Use visual aids such as pictures, graphs, and charts when you can.
- Try arranging your notes on the page so that they look right to you.
- Leave spaces between sections of your notes.
- Try replacing words with symbols.
- Use diagrams when possible.
- Practice saying things you have to remember out loud.
- Take notes while listening.
- Organize yourself and your notebooks.
- Practice using other senses as well.

### Discussion Notes:

## Tips for Multi-Sensory Learners (Any combination of the Above Styles)

Use any combination of the above study tips. It may take some experimentation before you find the best technique for you.

### Learning Styles Supplement

Source: "Unlocking Potential" by B. Scheiber and Jeanne Talpers, pg. 21

#### *Visual Learners*

Clues	Learning Tips
Needs to see it to know it.	Use graphics to reinforce learning--films, slides, illustrations, and diagrams.
Strong sense of color.	Color coding to organize notes and possessions.
May have artistic ability.	Write out directions.
Difficulty with spoken directions.	Use flow charts and diagrams for note taking.
Overreaction to sounds.	Visualizing spelling of words or facts to be memorized.
Trouble following lectures.	
Misinterpretation of words.	

#### *Auditory Learners*

Clues	Learning Tips
Prefers to get information by listening, needs to hear it to know it.	Use tapes for reading and for class and lecture notes.
Difficulty following written directions.	Learn by interviewing or by participating in discussions.
Difficulty with reading.	Have test questions or directions read aloud or put on tape.
Problems with writing.	
Inability to read body language and facial expressions.	

#### *Kinesthetic Learners*

Clues	Learning Tips
Prefers hands-on learning.	Experimental learning (making models, doing lab work, and role playing).
Can assemble parts without reading directions.	Frequent breaks in study periods.
Difficulty sitting still.	Trace letters and words to learn spelling and remember facts.
Learns better when physical activity is involved.	Use computer to reinforce learning through sense of touch.
May be very well coordinated and have athletic ability.	Memorize or drill while walking or exercising.
	Express abilities through dance, drama, or gymnastics.