Learning Styles

Old News You Say? Think Again!

Redundant? Maybe. Useful? Absolutely!

- Identifying and tapping into your learning preference will help you:
  - Maximize your time.
  - Chart a course tailored to your strengths.

Why does your learning style matter?

Have you ever wondered why you have difficulty learning from a particular teacher? Did you ever question why the course that your friend said was so easy turned into a struggle for you? Why does listening to music help you focus but bothers your siblings?

- The reason behind some of these discrepancies may be differences in learning styles.

What is a learning style/Preference?

Simply put, The way you learn best

Your learning preference refers to your preferred method of taking in, organizing and making sense of information.

EX: When listening to a teacher explain a lesson you prefer to write down what they say because you prefer to have a visual of what they are saying!

Important notation to make!

Learning Styles/ Preferences do not represent limitations on an individual's abilities or intelligence.

3 Learning styles

1) Auditory (learning by hearing)
2) Visual (learning by seeing)
3) Kinesthetic (learning by doing)

Learner Characteristics

Auditory	Visual	Kinesthetic
•Benefits from reading notes aloud •Studies well in quiet environments or with ambient noise •Follows spoken directions well •Struggles with reading passages and writing answers in a timed test	• Benefits from any visual cues (maps, projected explanations) •Makes outlines/lists/color codes •Struggles with Listen and respond tests	• Benefits from tactile learning (labs, stations, role playing) • Fidgets during extended lectures •Creates flashcards •Struggles with long tests

What kind of learner are you?

1. Which way would you rather learn how a Blu-Ray player works?

    a) Watching a video about it
    b) Listening to someone explain it
    c) Taking the Blu-Ray player apart

2. Which of these are you most likely to do when you are not sure how to spell a word?

    a) Write it out to see if it looks right
    b) Sound it out
    c) Write it out to if it feels right

What kind of learner are you?

3. After your first day of class, what would you be most likely to remember?

   a) The faces of your classmates but not their names
   b) The names but not the faces
   c) The thing you did and said while you were there

4. How do you prefer to study for a test?

   a) Read notes, read headings in a book, look at diagrams and illustrations
   b) Have someone ask you question
   c) Make flashcards, models, or diagrams

What kind of learner are you?

5. When you are trying to concentrate what do you find most distracting?

   a) Visual distractions
   b) Noises
   c) Other sensations like hunger, tight shoes, worry

6. How do you solve a problem?

   a) Make a list, organize the steps and check them off as they are done
   b) Talk it out with others
   c) Walk through the issue and solution in your mind

What kind of learner are you?

7. Which are you most likely to do while standing in a long line at the movies?

   a) Read the posters advertising other films
   b) Converse with the people you are with
   c) Fidget as you wait

8. You enter a new mall. What do you do first?

   a) Find a map showing store locations
   b) Talk to an info center representative
   c) Walk into the first store that looks appealing

What kind of learner are you?

9. Your parents give you a car for your 16th birthday. What are you most likely to do?

   a) Grin from ear to ear in stunned silence
   b) Scream with excitement
   c) Jump up and down

10. Which would you rather go to?

   a) An art class
   b) A music class
   c) An exercise class

What kind of learner are you?

11. Which of these do you do when you listen to music?

a) Daydream about the lyrics

b) Sing or hum along

c) Move to the music (dance, tap your foot, etc)

12. When you tell your friends about something crazy that happened over the summer do you prefer to:

a) Text it

b) Tell them in person

c) Tell them in person while you act out the various parts

What kind of learner are you?

13. What do you find least appealing in a restaurant?
a) Bright lights
b) Loud music
c) Awkward seating arrangements

Total you're A's, B's & C's:

A. If you scored mostly A's you have a **visual** learning preference

B. If you scored mostly B's you have a **auditory** learning preference

C. If you scored mostly C's you have a **kinesthetic** learning preference.

What do you notice?

- Did you find yourself struggling to choose an answer at times?
  - That's because there is a great deal of overlap between auditory, visual and kinesthetic preferences

- you draw on different preferences at different times. For example, in the classroom you prefer to listen (auditory), but when studying alone you prefer to make outlines (visual).

- Everyone possesses a degree of each learning style.
  - Capitalizing on your learning preference enables you to create the best learning/working environment.

Enhancing Learning Characteristics: AUDITORY

In class…

- Sit towards the front of the room, away from doors, windows, etc.
- "Subvocalize": repeat info to yourself in a barely audible quiet mumble.

Textbook Learning…

- Read aloud
- Work in quiet areas to minimize audible distractions
- If you study with music, select music with no lyrics and keep the volume down
- Use rhymes/Jingles
- Talk to yourself about diagrams/Illustrations

Enhancing Learning Characteristics: VISUAL

In the class..

- Sit towards the front of the room to avoid visual distractions and ensure clear view of lesson
- Listen to teacher and write down what you hear.
- Use visuals like symbols/colors in note taking
- Ask teacher if visual info is available (PowerPoint slides!)

Textbook Learning…

- Create outline of key concepts in organizer
- Jot down questions/problems
- Remember key words using mnemonics (HOMES, Roy G. Biv)
- Highlight important sections

Enhancing Learning Characteristics: KINESTHETIC

In the class…

- Ask questions and participate in discussions whenever possible
- Take a small object (e.x. stress ball) to fidget with
- Consider talking with the teacher and asking if it's possible to incorporate a break. Use this time to stand up and stretch.

Textbook Learning…

- Highlight, underline or make notes while you read
- Break reading up into small sections. Take short break between sections
- Try talking to yourself as you study. Explain concepts out loud and so on