

Learning Styles Activity

Which are your preferred senses?

- For each question on this stage there are three answers. Circle or check the answer that most closely represents you.

When you have finished, total up the number of responses in each column - visual, auditory or physical.

The sense you choose most is likely to be your preferred or dominant learning sense- the sense you are normally most comfortable using in order to take an information and to store it.

SITUATION When you...	Visual Do you...?	Auditory Do you...?	Physical Do you...?
1. Spell a word	Try to visualize it (does it "look" right)	Sound it out (does it "sound" right)	Write it down (does it "feel" right)
2. Are concentrating	Get most distracted by untidiness	Get most distracted by noises	Get most distracted by movement or physical disturbance
3. Choose a favourite art form	Prefer paintings	Prefer music	Prefer dance/sculpture
4. Reward someone	Tend to write praise on their work in a note	Tend to give them oral praise	Tend to give them a pat on the back
5. Talk	Talk quite fast, but keep idle conversation limited. Use lots of images	Talk fluently with an even pace, in a logical order and with few hesitations. Enunciate clearly	Use lots of hand movements, talk about actions and feelings. Speak more slowly with longer pauses
6. Meet people	Remember mostly: - how they looked - the surroundings	Remember mostly: - what was said - their names	Remember mostly: - what you did with them - the character's emotions

7. See a movie, TV or read a novel	Remember best: - what the scenes and/or people looked like	Remember best: - what was said - and how the music sounded	Remember best: - what happened - the characters emotions
8. Try to interpret someone's mood	Mainly note their facial expression	Listen to their tone of voice	Watch body movements
9. Are recalling something	Remember: - what you saw - people's faces - how things looked	Remember: - what was said - people's names - jokes	Remember: - what was done - what it felt like
10. Are memorizing something	Prefer to memorize by writing repeatedly	Prefer to memorize by repeating words aloud	Prefer to memorize by doing something repeatedly
11. Are angry	Become silent and seethe	Express it in an outburst	Storm about, clench your fists, throw things
12. Are inactive	Look around, doodle, watch something	Talk to yourself or others	Fidget, walk about
13. Express yourself	Often use phrases like: - <i>I see</i> - <i>I get the picture</i> - <i>Let's shed some light on this</i> - <i>I can picture it</i>	Often use phrases like: - <i>That sounds right</i> - <i>I hear you</i> - <i>That rings a bell</i> - <i>Something tells me</i> - <i>I suddenly clicked</i>	Often use phrases like: - <i>That feels right</i> - <i>I'm groping for an answer</i> - <i>I've got a grip on it</i> - <i>I need a concrete example</i>
14. Are learning	Prefer to read; see the words, illustrations or diagrams; stretch it out	Like to be told, attend lectures, talk it over	Like to get involved, be hands-on, try it out, write notes
15. Assemble new equipment	First look at the diagrams/read the instructions	First ask someone to tell you what to do. Then talk to yourself as you assemble it.	First work with the pieces

VISUAL LEARNERS

- Mind sometimes strays during verbal activities.
- Observes rather than talks or acts.
- Organised in approach to tasks.
- Likes to read.
- Usually a good speller.
- Memorises by seeing graphics and pictures.
- Not too distractible.
- Finds verbal instructions difficult.
- Has good handwriting.
- Uses advanced planning.
- Doodles.
- Quiet by nature.
- Meticulous, neat in appearance.
- Notices details.

Visually oriented learners respond well to...:

- The written word.
- Diagrams.
- Pictures.
- Videos.
- Wall charts and posters.

Strategies **FOR THE VISUAL LEARNER**

- => Write things that you want to remember down; you will remember them better that way.
- => Look at the person who is speaking to you; it will help you focus.
- => Try to work in a quiet place. Wear earmuffs or earplugs if necessary. Some visual learners do, however, like soft music in the background.
- => If you miss something a teacher says or do not understand, ask politely if they could repeat or explain.
- => Most visual learners learn best alone.
- => When studying, take many notes and write down lots of details.
- => When trying to learn material by writing out notes, cover your notes then re-write. re-writing will help you remember better.
- => Use colour to highlight main ideas.
- => Before starting an assignment, set a goal and write it down. Even post it in front of you. Read it as you do your assignment.
- => Before reading a chapter or a book, preview it first by scanning the pictures, headings and so on.
- => Try to put your desk away from the door and windows and close to the front of the class.
- => Write your own flashcards. Look at them often and write out the main points, then check.
- => Where possible, use charts, maps, posters, films, videos, computer software, OHPs both to study from and to present your work (where appropriate).

AUDITORY LEARNERS

- Talks to self aloud.
- Enjoys talking.
- Easily distracted.
- Has more difficulty with written directions.
- Likes to be read to.
- Memorises by steps in a sequence.
- Enjoys music.
- Whispers to self while reading.
- Remember faces.
- Easily distracted by noises.
- Hums or sings.
- Outgoing by nature.
- Enjoys listening activities.

Auditory oriented learners respond well to...:

- The spoken word.
- Lectures.
- Audiotapes.
- Discussion.
- Sound effects.

Strategies FOR THE AUDITORY LEARNER

- => Study with a friend so you can talk about the information and HEAR it, too.
- => Recite out loud the information you want to remember several times.
- => Ask your teacher if you can submit some work (if appropriate) as an oral presentation, or on audio tape.
- => Make your own tapes of important points you want to remember and listen to it repeatedly. This is especially useful for learning material for tests.
- => When reading, skim through and look at the pictures, chapter titles, and other clues and say out loud what you think this book could be about.
- => Make flashcards for various material you want to learn and use them repeatedly, reading them out loud. Use different colours to aid your memory.
- => Set a goal for your assignments and verbalise them. Say your goals out loud each time you begin work on that particular assignment.
- => Read out loud when possible. You need to HEAR the words as you read them to understand them well.
- => When doing maths calculations, use grid paper to help you set your sums out correctly and in their correct columns.
- => Use different colours and pictures in your notes, exercise books, etc. This will help you remember them.

PHYSICAL LEARNERS

- Likes physical rewards.
- In motion most of the time.
- Likes to touch people when talking to them.
- Taps pencil or foot while studying.
- Enjoys doing activities.
- Reading is not a priority.
- Poor speller.
- Likes to solve problems by physically working through them.
- Will try new things.
- Outgoing by nature.
- Expresses emotions through physical means.
- Uses hands while talking.
- Dresses for comfort.
- Enjoys handling objects.

Kinesthetically oriented learners respond well to...:

- Movement.
- Hands-on activities.
- Design / create activities.
- Role play / drama.

Strategies FOR THE TACTILE - KINESTHETIC LEARNER

=> To memorise, pace or walk around while reciting to yourself or using flashcards or notes.

=> When reading a short story or chapter in a book, try a *whole-to-part* approach. This means you should first scan the pictures, then read headings, then read the first and last paragraphs and try to get a *feel* for the book. You could also try skim-reading the chapter or short story backwards, paragraph-by-paragraph.

=> If you need to fidget, try doing so in a way which will not disturb others or endanger yourself or others. Try jiggling your legs or feet, try hand/finger exercises, or handle a koosh ball, tennis ball or something similar.

=> You might not study best while at a desk. Try lying on your stomach or back. Try studying while sitting in a comfortable lounge chair or on cushions or a bean bag.

=> Studying with music in the background might suit you (baroque music is best - as opposed to heavily rhythm-based music).

=> Use coloured construction paper to cover your desk or even decorate your area. Choose your favourite colour as this will help you focus. This technique is called *colour grounding*.

=> Try reading through coloured transparencies to help focus your attention. Try a variety of colours to see which colours work best.

=> While studying, take frequent breaks, but be sure to settle back down to work quickly. A reasonable schedule would be 15-25 minutes of study, 3-5 minutes of break time.

=> When trying to memorise information, try closing your eyes and writing the information in the air or on a surface with your finger. Try to picture the words in your head as you are doing this. Try to hear the words in your head, too.

Later, when you try to remember this information, close your eyes and try to see it with your *mind's eye* and to *hear* it in your head.

=> When learning new information, make task cards, flashcards, electro-boards, card games, floor games, etc. This will help you process the information.