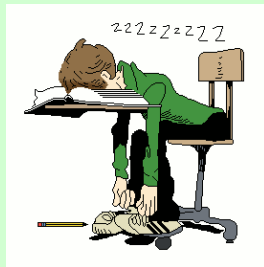


## LEARNING STYLES

<http://members.shaw.ca/mdde615/lrnstyles.htm>



Everyone has a way or style of learning which works best for them. Most people have one style which is strongest but they can exhibit other styles in any given situation.

There are a variety of ways that learning styles can be categorized. The test, linked below, utilizes the learner classifications of:

- visual
- auditory
- kinesthetic or tactile

### Learning Style Categories

#### Visual

People who have a visual learning style learn best if a major component of the material or lesson is something they can see or watch. This learner works best with written material and instructions, diagrams, posters, and demonstrations. The information which the visual learner takes in is translated into and stored as pictures or images in their brains. These learners are usually neat and well organized. They may use statements with visual cues such as "I get the picture". Unnecessary movement can be a distraction to a visual learner.

This learning style will work well for anyone wanting to do course work via distance education. Although technology is now allowing for more auditory components, the written component in distance learning is still prevalent whether it be through text books, web sites, conference boards or e-mail. Distance education allows the learners to control their learning environment making it more conducive to their learning.

Careers which suit the visual learner would include executive positions where a vision of the future is important, architects, engineers, and surgeons.

## **Auditory**

People who have an auditory learning style learn best if there is an oral component to the material being learned. Verbal instructions, taped lectures and face to face instruction work best. These learners filter the information they hear and store the relevant data but don't necessarily form pictures around it. When problem solving, auditory learners prefer to "talk it out". While talking they may use phrases which relate to how they learn such as "I hear you". Unnecessary noise can be a distraction for the auditory learner.

Although this type of learner could have more difficulty with distance education than an auditory learner, it is still possible to be successful. Some distance education courses have audio and/or video taped components. These learners could read materials aloud or have it read to them. Also they can control their learning environment thereby avoiding unnecessary distracting noises.

Because of their excellent listening skills, auditory learners would make excellent pathologists, disc jockeys, and musicians.

## **Kinesthetic**

People who have a kinesthetic or tactile learning style learn best when they can touch or feel what they are learning about. The use of their body and feelings are very important to these learners so hands-on projects work best for them. Kinesthetic learners do not always have a good time sense or sense of orderliness or neatness. They often live for the moment and do not have a vision of the future. Kinesthetic learners will often speak of their learning in terms of feelings, prefacing statements with "I feel". People with this learning style will have a tendency to move around while trying to solve a problem.

These learners will have the most difficulty with the "typical" written distance education course. They need to look for courses which are more project oriented where course content can be learned by doing it or using it. Learning in their own space will allow for the desire for movement as there will be no expectation of sitting still for an extended period of time.

Career choices for people with this learning style should be anything which involves movement and their body such as dancing, acting, construction, or athletics.

To get an indication of your main learning style, take our [learning styles quiz](#):

## LEARNING STYLES SELF-EVALUATION

<http://members.shaw.ca/mdde615/lrnstylsquiz7.htm>

### What is your learning style?

This self-assessment will help you determine your learning style.

#### 1. When learning something new, you

- like to have the aid of diagrams, posters, or a demonstration.
- like to have verbal instructions.
- just go for it and try it out!

#### 2. When you are reading, you

- visualize in your mind the descriptive passages.
- enjoy the character's dialogue.
- sometimes read action stories, but would prefer not to read.

#### 3. When you are spelling, you

- try to "see" the word.
- sound the word out before or as you spell it.
- write the word down to find out if it looks or "feels" right.

#### 4. When concentrating on something, you

- are distracted by movement and untidiness around you.
- are distracted by noises in the area you're working in.
- have difficulty sitting still for even short periods of time.

#### 5. When problem solving you

- write the problem down or draw diagrams to visualize it.

- talk to someone (or yourself) about it.
- try and use concrete objects to find a solution.

**6. If you are putting something together, you**

- follow the instructions and look at the pictures.
- wish there was a video or tape explaining what to do.
- ignore the instructions and figure it out as you go!

**7. When trying to recall names, you remember**

- the person's face but not their name.
- the person's name but not their face.
- clearly the situation in which you met them.

**8. When giving directions to someone, you**

- visualize the route first or draw a map.
- give clear, concise information.
- move your body and gesture as you give them.

**9. If you need help with a particular computer application, you would**

- look for pictures or diagrams to explain the solution.
- ask someone for help or call a help desk.
- persevere and try to figure it out yourself.

**10. You can remember a list of items best if you**

- write them down.
- recite the list to yourself.
- use your fingers to count the items off.

---

Information for this quiz came from the following sites  
[Learning Style Inventory](#) and [Learning Styles](#).

If you would like to find out more about learning styles or try a more comprehensive learning style inventory, check out the learning styles web sites listed under:

Overview of Learning Styles

<http://www.learning-styles-online.com/overview/>

Links to Web Articles and a Learning Styles Inventory

[http://www4.ncsu.edu/unity/lockers/users/f/felder/public/Learning\\_Styles.html](http://www4.ncsu.edu/unity/lockers/users/f/felder/public/Learning_Styles.html)

Student Learning Styles and Their Implications for Teaching by Susan M. Montgomery & Linda N. Groat, 1998.

[http://www.crlt.umich.edu/publinks/CRLT\\_no10.pdf](http://www.crlt.umich.edu/publinks/CRLT_no10.pdf)

Learning Style Can Become Learning Strategies (W.J. McKeachie, University of Michigan)

<http://www.ntlf.com/html/pi/9511/article1.htm>

VARK – A Guide to Learning Styles

<http://www.vark-learn.com/english/index.asp>

David Kolb on learning styles

<http://www.infed.org/biblio/b-explrn.htm#learning%20style>