



Learning Styles

- When you need to revise, read over and recopy your notes

Hearing (Auditory)

If you are what is called an **Auditory Learner**, you will learn best when you are listening (for example, in a lecture) and when you are involved in discussion. You will remember things best when you have heard them. You learn best through verbal lectures, discussions, talking things through and listening to what others have to say. You interpret the underlying meanings of speech through listening to tone of voice, pitch, speed and other nuances. Written information may have little meaning until it is heard. You often benefit from reading text aloud.



Study tips to help people who are auditory learners.

- The key thing is to make use of sound
- Talk things through as you learn them, with a friend or tutorial group
- Get a friend to read aloud to you
- When you have to learn facts, try reciting them to yourself, or even singing them aloud
- Find out if you study best in silence, or with music playing in the background.
- Realise that some people are not as good as you at remembering what they are told.

Reading/Writing

University education is ideal for you. You are comfortable reading text

Learning Styles



and writing notes and essays. When you are studying graphs, charts and diagrams, convert them into words.

Doing (Kinesthetic and Tactile)

If you are what is called a kinaesthetic learner, you will learn best when you are moving around. You will remember things best when you have done them (rather than just read about them). You may have trouble with spelling. In lectures, you may make lots of notes but tend never to look at them again. Tactile/Kinaesthetic persons learn best through a hands-on approach, actively exploring the physical world around them. You may find it hard to sit still for long periods and may become distracted by the need for activity and exploration.



Study tips to help people who are kinaesthetic learners

- Move around as you learn and revise
- Work through problems physically
- Mentally review what you have been studying while you are walking or jogging
- Use models and machines when you can
- Take plenty of breaks while you are studying

Most people use all four modalities

If you have multiple preferences, you are in the majority as somewhere

Learning Styles



Learning is a complex and ongoing phenomenon, which keeps challenging the learner with diverse ever-changing demands. Before we actually step into the practical and independent stage of our lives, we have to formally learn at home, at school, at college and at the university, thereby attaining the required educational standard to pursue a career. The more we are focused and resilient, the more we are likely to succeed. Imparted education and its consequent assimilation differs as we pass from one stage to the other.

Learning at university starkly differs from what we have been exposed to previously. It makes very different demands on you as compared with a college or a high school.

- The scope of study is much wider and you will not be able to read everything on your subject.
- You will be expected to study on your own much more than you may have been used to.
- You are given much more responsibility for organising your own schedule and are expected to do much more in your academic pursuits.
- A lot of teaching is conducted in the form of lectures where you may be one of numerous students. Often it is up to you whether you attend or learn anything.
- Assignments are often set weeks before. You have to submit them in time and there is nobody to remind you that they are due.
- There are many subjects in which it is impossible to get ideal grades. This means that the ways of studying which helped you get to the university may not be enough now that you are here.

Keeping these demands and challenges in view, understanding your preferred style of learning can help you study more effectively by using techniques that can really improve the way you perceive, process, organise and present information.

Learning Styles

This chart can help you determine your learning style: read the word in the left column and then answer the questions in the successive three columns to see how you respond to each situation. Your answers may fall into all three columns, but one column will likely contain the most answers. The dominant column indicates your primary learning style.

| When you | Visual | Auditory | Kinesthetic & Tactile |
|---------------------------------------|---|--|---|
| Spell | Do you try to see the word? | Do you sound out the word or use a phonetic approach? | Do you write the word down to find if it feels right? |
| Talk | Do you sparingly but dislike listening for too long? Do you favor words such as see picture, and imagine? | Do you enjoy listening but are impatient to talk? | Do you gesture and use expressive movements? Do you use words such as feel, touch and hold? |
| Concentrate | Do you become distracted by untidiness or movements? | Do you become distracted by sounds or noises? | Do you become distracted by activity around you? |
| Meet someone again | Do you forget names but remember faces or remember where you met? | Do you forget faces but remember names or? Remember what you talked about? | Do you remember best what you did together? |
| Contact people on business | Do you prefer direct, face-to-face, personal meetings? | Do you prefer the telephone? | Do you talk with them while walking or participating in an activity? |
| Read | Do you like descriptive scenes or pause to imagine the actions? | Do you enjoy dialogue and conversation or hear the characters talk? | Do you prefer action stories or are not a keen reader? |
| Do something new at work | Do you like to see demonstrations, diagrams, slides or posters? | Do you prefer verbal instructions or talking about it with someone else? | Do you prefer to jump right in and try it? |
| Put something together | Do you look at the directions and the picture? | | Do you ignore the directions and figure it out as you go along? |
| Need help with a computer application | Do you seek out pictures or diagrams? | Do you call the help desk ask a neighbor, or growl at the computer? | Do you keep trying to do it or try it on another computer? |

Colin Rose, Accelerated italics Learning 1981.

Learning Styles



Seeing (Visual)

If you are a Visual Learner, you will remember things best when you have seen them. You need to see the teacher's body language and facial expression to fully understand the content of a lesson. You tend to prefer sitting at the front of the classroom to avoid visual obstructions (for example people's heads). You may think in pictures and learn best from visual displays including diagrams, illustrated text books, overhead transparencies, videos, flipcharts and hand-outs. During a lecture or classroom discussion, you often prefer to take detailed notes to absorb the information.

- You like a stimulating and orderly environment
- You probably like to use diagrams and charts.
- You probably like reading and may be a good speller.

Study tips to help people who are visual learners.

- Write things down to help you learn them
- Draw pictures, charts and maps to help you understand things
- Use mind-mapping
- Use planners, organizers or goalsetting charts
- Highlight important points with colour (but not in books which you have borrowed)
- Try visualizing ideas and facts in your mind
- Try changing places in the room while you're studying, to get a different perspective
- Use models if they are available

