Appreciating Learning Style Differences and Preferences

Think about how you like to learn.

Circle the options, V, Vr, A, or K that best relate to you most of the time. You may choose more than one option. Your first reaction is usually the best.

1. I 'take in' new information best when:
   - V I can see information in picture or diagram form
   - Vr I read the written instructions, description
   - A Someone explains it to me
   - K I can get hands-on experience

2. When I am giving directions, I usually:
   - V Draw a map
   - Vr Write down the directions
   - A Tell them how to get there
   - K Take the person and show them the way

3. I remember directions best when:
   - V Someone gives landmarks to guide me
   - Vr I write them down
   - A I have oral directions and repeat them aloud
   - K I have been taken through the route once

4. When I am not sure how to spell a word, I often:
   - V See the word in my mind and 'see' how to spell it
   - Vr Look it up in the dictionary
   - A Sound the word out in my mind or aloud
   - K Write down different ways of spelling the word

5. To remember and recall an event, I would want to:
   - V See pictures
   - Vr Read a description
   - A Tell it aloud to someone
   - K Replay it through movement - acting, pantomime or drill

6. I seem to remember objects better if:
   - V I can see a picture, a pattern
   - Vr I have read about them
   - A I describe them to someone, create jingles or rhymes
   - K I have touched or worked with them
7. When using a new device, ie. computer, phone, I would:
   V  Follow the diagrams in the instruction book
   Vr Read the directions that come with it
   A  Ask someone to ‘talk ’me through it
   K  Jump right in and figure it out

8. I enjoy:
   V  Making and / or viewing visual images
   Vr Reading about things that interest me
   A  Reciting and / or writing poetry
   K  Working with my hands, repairing and building things

9. I prefer to find out about something new by:
   V  Seeing pictures, diagrams about it
   Vr Reading about it, finding a website
   A  Talking about it
   K  Doing it

10. I prefer a teacher / trainer who uses:
    V  Charts, diagrams, graphs
    Vr Handouts, books, readings
    A  Discussion, guest speakers
    K  Demonstrations, practical sessions

Total your responses:

Visual    ____ (prefer to take in information by seeing)
Vrreading ____ (prefer to take in information by reading, writing)
Auditory   ____ (prefer to take in information by listening, talking)
Kinesthetic ____ (prefer to take in information by doing, practicing)

If you have a clear preference, think about learning situations where you have been able to lead with that strength.
If your numbers are equal or very close together, think about different types of learning and when one strategy seems to work better than another.

We want to identify themes and strategies that will give us as many options as possible.

It is important to remember that we utilize all four modalities.
Knowing our areas of strength gives us a starting point. For example, if you have a strong visual preference, find a picture, diagram or chart; for Vreading preferences try to begin by reading material or instructions. You will then be more successful in listening / discussing (auditory) and applying (kinesthetic) new learning.

Multiple Intelligences and Learning Styles
Once you have identified your areas of strength, you can use this information to develop strategies that will help you learn, study and write tests and exams.

The Visual Learning Style
Visual learners process information most effectively when the information is seen. Depictions can include charts, graphs, flow charts, and all the symbolic arrows, circles, hierarchies and other devices that instructors use to represent what could have been presented in words. These learners think in pictures and have vivid imaginations.

The Linguistic/Aural Learning Style
Aural learners process information most effectively when spoken or heard. These learners respond well to lectures and discussions and are excellent listeners. They also like to talk and enjoy music and dramas. When trying to recall information, aural learners can often “hear” the way someone told them the information.

The Linguistic/Reading/Writing Learning Style
Reading/Writing learners process information most effectively when presented in a written language format. This type of learner benefits from instructors that use the blackboard to accent important points or provide outlines of the lecture material. When trying to recall information, reading/writing learners remember the information from their “mind's eye.”

The Kinesthetic/Tactile Learning Style
Kinesthetic/Tactile learners process information actively through physical means. Kinesthetic learning refers to whole body movement while tactile learning refers only to the sense of touch. These learners gesture when speaking, are poor listeners, and lose interest in long speeches. Most students that do not perform well in school are kinesthetic/tactile learners. The crux of this learning style is that the learner is connected to real situations through experience, example, practice, or simulation.

Learning Strategies for Each Learning Style

The Visual Learning Style
- Replace words with symbols or initials.
- Translate concepts into pictures and diagrams.
- Underline or highlight your notes or textbooks with different colors.
- Practice turning your visuals back into words.
- Make flashcards of key information with words, symbols, and diagrams.

The Linguistic/Aural Learning Style
- Attend lectures and tutorials.
- Discuss topics with your instructor and other students.
- Put summarized notes on tape and listen to them.
- Join a study group or have a “study buddy.”
- Tape record your lectures.
- When recalling information or solving problems, talk out loud.

The Linguistic/Reading/Writing Learning Style
- Write out important information again and again.
- Read your notes silently.
- Organize any diagrams into statements.
- Rewrite the ideas and principles in other words.
- Make flashcards of words and concepts that need to be memorized.

The Kinesthetic/Tactile Learning Style
- Sit near the instructor in classroom situations.
- Read out loud from textbook and notes.
- Copy key points onto large writing surfaces (i.e. chalkboard or easel board).
- Listen to audiotapes of your notes while exercising.
- Put real life examples into your notes summary.
- Recall experiments and role-play.
- Use pictures and photographs that illustrate an idea.

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