

Learning Styles

There are three basic types of learning styles. The three most common are visual, auditory, and kinesthetic. To learn, we depend on our senses to process the information around us. Most people tend to use one of their senses more than the others. It is not unusual to use different learning styles for different tasks. That's why people can respond so differently to the same thing.

Three Different Learning Styles

If you scored mostly a's you may have a visual learning style. You learn by seeing and looking.

Visual Learners

- take numerous detailed notes
- tend to sit in the front
- are usually neat and clean
- often close their eyes to visualize or remember something
- find something to watch if they are bored
- like to see what they are learning
- benefit from illustrations and presentations that use color
- are attracted to written or spoken language rich in imagery
- prefer stimuli to be isolated from auditory and kinesthetic distraction
- find passive surroundings ideal

If you scored mostly b's, you may have an auditory learning style. You learn by hearing and listening.

Auditory Learners

- sit where they can hear but needn't pay attention to what is happening in front
- may not coordinate colors or clothes, but can explain why they are wearing what they are wearing and why
- hum or talk to themselves or others when bored
- acquire knowledge by reading aloud
- remember by verbalizing lessons to themselves (if they don't they have difficulty reading maps or diagrams or handling conceptual assignments like mathematics).

If you had mostly c's, you may have a kinesthetic learning style. You learn by touching and doing.

Kinesthetic Learners

- need to be active and take frequent breaks
- speak with their hands and with gestures
- remember what was done, but have difficulty recalling what was said or seen
- find reasons to tinker or move when bored
- rely on what they can directly experience or perform
- activities such as cooking, construction, engineering and art help them perceive and learn
- enjoy field trips and tasks that involve manipulating materials
- sit near the door or someplace else where they can easily get up and move around
- are uncomfortable in classrooms where they lack opportunities for hands-on experience
- communicate by touching and appreciate physically expressed encouragement, such as a pat on the back

Understanding and Identifying Auditory, Visual and Kinesthetic Learning Styles

Auditory	Visual	Kinesthetic
Identify sounds related to an experience	Have a sharp, clear picture of an experience	Develop a strong feeling towards an experience
<p>I hear you clearly,</p> <p>I want you to listen . . .</p> <p>This sounds good</p>	<p>Do you make pictures in your head</p> <p>Do you have visual images in your head as you are talking and listening to me?</p> <p>Can you see what I am saying?</p>	<p>Do you feel what you are saying?</p> <p>Are you in touch with what I am saying?</p>
<p>How do you hear this situation going?</p> <p>What do you hear that is stopping you?</p> <p>Sounds heavy.</p>	<p>How do you see the situation?</p> <p>What do you see stopping you?</p> <p>This looks good.</p> <p>Do you see what I am showing you?</p>	<p>How do you feel about this situation?</p> <p>I'm getting a handle on this material.</p> <p>Let's move together.</p> <p>Does what I am putting you in touch with feel right?</p> <p>Sounds heavy.</p>
Word Selections	Word Selections	Word Selections
tinkling silent squeal blast screaming choking	color clear spiral showed vivid notice	felt body sensations feel pain touch
<p>Lecture</p> <p>Do you love me?</p> <p>Auditories complain: Kinesthetics don't listen.</p>	<p>Fantasies</p> <p>Visuals complain: Auditories don't pay attention to them because they don't make eye contact.</p>	<p>Kinesthetics complain: "Auditory and visual people are insensitive."</p>

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