

Learning Styles

What Are They?

Learning styles are the different ways people learn. Understanding and identifying your own learning style can help you learn, problem solve and make decisions in work. Read on to find out more about each style and learn how to identify your own learning style.

The 4 Most Common:

Visual Learning ... learning through seeing

If you use this style then you prefer using images, pictures and diagrams to help understand the content of a lesson. During a lecture visual learners will take lots of detailed notes to help them absorb and understand information. They will respond best to handouts, diagrams, videos, illustrated text books and use lists to help organise their thoughts. Visual learners tend to lean towards careers in photography, planning, architecture and design.

Auditory Learning ... learning through hearing

This type of learner learns best through listening to lectures, discussion groups and simply by listening to what others say. Written information such as text books may have little meaning to this learner unless they read them aloud or use tape recordings to play back information. They solve problems by talking about them with others and use rhythm and sound as memory aids.

Tactile/Kinaesthetic Learning ... learning through moving, touching and doing

This learner uses the hands-on approach. They prefer to “jump in” and learn by taking something apart and re-building it to see how it works, rather than reading a manual or looking at diagrams. Sitting through a lecture is difficult as this type of learner finds it hard to sit still for long periods. They would much rather be doing something. Examples of jobs most suited to this type of learner are an engineer, mechanic, joiner, labourer, etc.

Logical Learning

This type of learner uses their brain to reason things out. They break down and group information automatically to help them understand it. They work through problems and issues in a systematic and logical way. They set targets, create lists, use budgets and will track progress and back up points

with logical examples or statistics. Learners with this style generally follow careers in maths, sciences, accountancy, computer programming etc.

Most people use a combination of these styles but usually there is one that is more dominant.

If you would like to learn more about your own personal learning style check out the web sites listed below:

[Education Planner](#)

[Learning Styles: The models, myths and misconceptions- and what they mean for your learning](#)

The following site contains a Learning Styles Questionnaire that will help you to identify your own personal style and give tips to help you learn in a way suited to you.

[Vark Questionnaire](#)

The following library books may also be of interest:

Title: [Learning Styles Questionnaire](#)
Author: Mumford, Alan
ISBN: 9781902899077
Found on Library Shelves at 658.31204



Title: [Ways of Learning](#)
Author: Pritchard, Alan
ISBN: 9780415466080
Found on Library Shelves at 370.1523

