

4 Learning Styles: How do you learn?

What are learning styles?

Your learning style is how your brain processes and retains information. Adapting to your style of learning can help you take better notes, make studying easier, and alleviate test anxiety. Learning styles are not an indicator of intelligence! While there are as many as eight different learning styles in use, the most basic four include visual, auditory, read/write (also known as tactile), and kinesthetic. While most learners utilize a combination of learning styles, we tend to resort to one or two of the following learning styles:

Visual Learners

- Learn best by seeing.
- Can often recall written material quickly and easily.
- Tend to have active and vivid imaginations.
- Do best with visual presentations.
- Have keen perception skills, especially in interpreting body language.

Auditory Learners

- Learn best by hearing.
- Can often recall both written and spoken words quickly and easily.
- Do best with group or partner work or class interaction and discussion.
- Tend to have strong language and oral communication skills.
- May be musical or rhythmic and sensitive to tones and pitches.

Read/Write Learners

- Learn best by touch and tactile stimulation.
- Are practical and careful, especially when dealing with details.
- Prefer classes such as a science lab.
- Tend to enjoy learning facts and solving real-world problems, rather than abstract ideas.

Kinesthetic Learners

- Learn best by doing or putting a concept into practice.
- Tend to prefer group work and application practices.
- Benefit the most from fieldwork settings, rather than the traditional classroom.

Does one of these learning styles sound like you? Take our abridged VARK Quiz on the back and find out your learning style!

Adapted from: <http://www.ncwc.edu/files/Learning%20Styles.pdf>

VARK QUIZ

For more extensive learning style quizzes and tests just Google “VARK quizzes.” Most tests are free online!

1) You are planning a vacation with a group of people and you want to get feedback on the plan you created, you:	A) Send them a detailed itinerary B) Phone, text, or email them C) Describe some of the highlights they will experience D) Use a map to show them the places
2) You are about to purchase a new laptop or cell phone. Other than price, what would most influence your decision?	A) Reading the reviews and checking it's features online B) The salesperson telling me about its functions C) Trying or testing it D) It's a modern design and it looks good
3) Your distant relatives are visiting you from another country and are interested in the parks and attractions in your area. You:	A) Give them some pamphlets about the attractions B) Talk about or arrange a talk for them about with a tour guide C) Take them to park or attraction and walk with them D) Show them maps and internet pictures and let them decide
4) Do you prefer a teacher or presenter who uses:	A) Handouts & readings B) Question and answer, group discussion, guest speaker C) Demonstrations, models, or practical sessions D) Diagrams, charts, or graphs
5) You are helping someone who wants to go to your airport. You would:	A) Write down the directions B) Tell him/her the directions C) Go with the person D) Draw, or show him/her a map
6) You are about to order food at a restaurant. How do you make your decision?	A) Read the descriptions of the food items B) Ask the waiter or your dinner guest to recommend choices C) Choose something you have had there before D) Look at the appetizing pictures or at what others around you are eating
7) You are going to cook something as a special treat. You would:	A) Use a cookbook where you know there is a good recipe B) Ask friends for suggestions C) Cook something you know without the need for instructions D) Look on the internet or in some cookbooks for ideas from the pictures
8) Other than the price, what would most influence your decision to buy a new book?	A) Quickly reading parts of the book B) A friend recommends the book C) It has real-life stories, experiences, and examples D) The cover is awesome and it looks like something you would like to read

Did you answer mostly A? → You are most likely a read/write learner.

Did you answer mostly B? → You are most likely an auditory learner.

Did you answer mostly C? → You are most likely a kinesthetic learner.

Did you answer mostly D? → You are most likely a visual learner.