

Determine Your Learning Style

 ba-bamail.com/content.aspx

August 19, 2018

Add to Favorites

Font Size:

A+ A-

[Join Us](#)

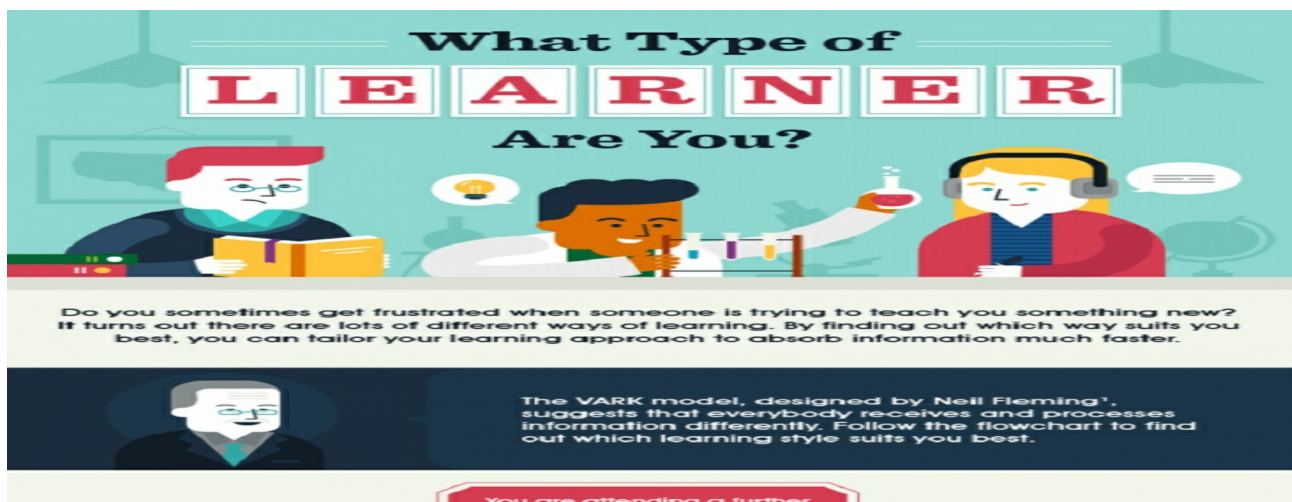
[Share](#)

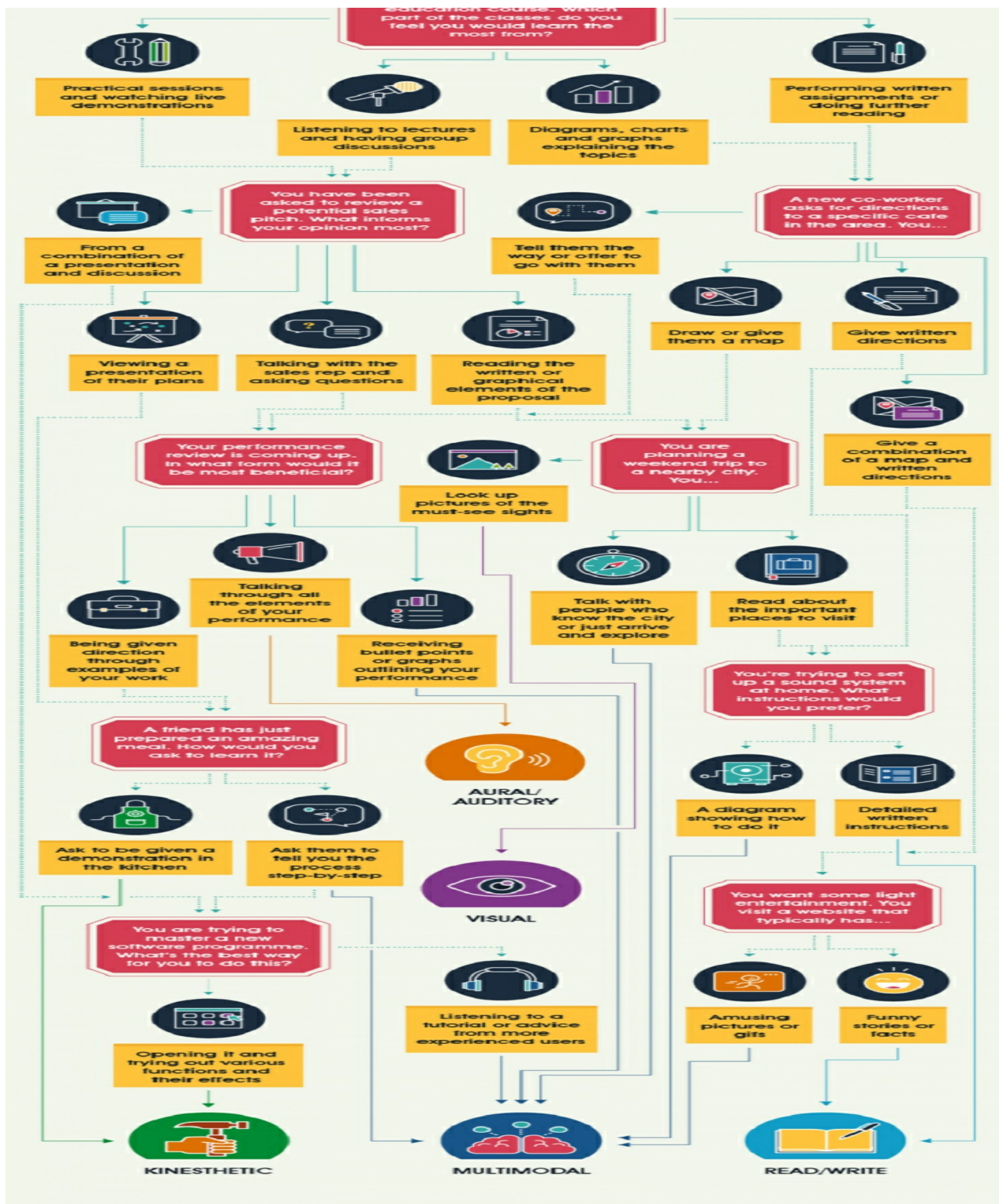
User Content

What is your learning style? Identifying your learning style serves you and helps you use it to your advantage to learn new skills efficiently. Your learning style is your approach to learning based on your preferences, as well as your strengths and weaknesses. Learners can be grouped into main categories:

Those who learn through reading and writing prefer to read and write rather than listen. In fact, they enjoy reading books and can follow written directions with ease. Visual learners learn best through maps and diagrams as opposed to verbal directions. While auditory learners prefer verbal directions and enjoy working in groups and discussing information. They remember best through listening and may find it difficult to work quietly. These type of learners often read with whispering lip movements.

On the other hand, kinetic learners learn best when taking a hands-on approach and benefit from fieldwork and demonstrations. These types of learners also need to move, tap or swing a leg to stay focused. Lastly, there are the multimodal learners, the people without a specific learning style that suits them best. These types of learners are a mix and match. Take a look at the chart below. Which is your best learning style?





The 5 LEARNING STYLES & WHAT THEY MEAN FOR YOU

There is no right or wrong way to learn, but by understanding the different learning styles that exist and how they impact you, you can add more tools to your learning belt.

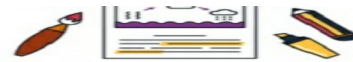
VISUAL LEARNER

You learn best when using graphical depictions such as maps, diagrams and body language.

WHEN IT'S NOT EFFECTIVE
Reading long bodies of text and listening to unbroken lectures or tutorials are likely to cause you to lose interest.

HOW TO IMPROVE

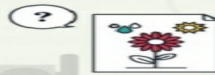
Visualise a story, put blocks of numbers into graphs or use colours to highlight important points.



AURAL/AUDITORY LEARNER



You learn best when listening to instruction and discussing topics.



WHEN IT'S NOT EFFECTIVE

Using unsupported pictorial representations or being asked to test out an unfamiliar concept can cause frustration.

HOW TO IMPROVE

Ask lots of questions and explain your thoughts to others to make it easier to explore ideas and remember key information.



READ/WRITE LEARNER



You learn best when reading texts and taking notes.



WHEN IT'S NOT EFFECTIVE

Having extensive discussions where no notes are taken or watching a demonstration without literature makes you anxious about forgetting important points.

HOW TO IMPROVE

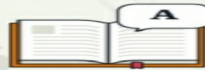
Create written descriptions of key ideas or statistical graphs to help you to remember. Ask for further reading on the topic.



KINESTHETIC LEARNER



You learn best when you get to try things out and put theory into practise.



WHEN IT'S NOT EFFECTIVE

Reading text or being told information that doesn't use concrete examples can cause difficulty.

HOW TO IMPROVE

Try to test things out physically while learning, such as inputting code or tweaking settings on a phone. If you aren't grasping a concept, imagine it as a real-life situation.



MULTIMODAL LEARNER



If you do not have one distinct learning preference, you are "multimodal".



WHEN IT'S NOT EFFECTIVE

Multimodal learning can be time-consuming when you try to use all of your preferred modes to process a given piece of information.

HOW TO IMPROVE

Practise recognizing which mode suits you best for a particular topic. Try one style, and if it's not working, try another style to discover what works best.



Now that you know your ideal learning style, try out an approach on your next big challenge. It can ease your frustration by helping you to learn more easily.



SOURCES:

*Neil Fleming (2017). Introduction to VARK. vark-team.com
Fleming, N.D. & Mills, C. (1992). Not Another Inventory, Rather a Catalyst for Reflection. *To Improve the Academy*, 11, 137-155
Anderson, E. (2016). *Learning to learn*. hbr.com



This image is licensed under the Creative Commons Attribution-Share Alike 4.0 International License - www.creativecommons.org/licenses/by-sa/4.0

POUNDPLACE
Start Saving Today

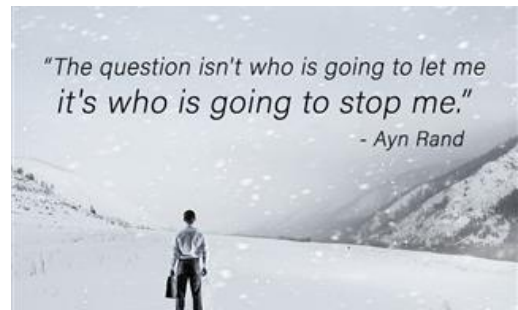
Get our finest posts sent directly to your inbox

By clicking "Join", you agree to our [Terms & Conditions](#) and [Privacy Policy](#)
[Report copyright infringement](#)
[Print this content](#)

You may also like:

Greeting cards you may like to send:

Inspiring Quotes The Question Isn't Who Is Going To Let Me



Inspiring Quotes Forget All The Reasons It Won't Work



Inspiring Quotes Life Is Like Photography.



Life Lessons One Small Crack Does Not Mean that You Are Broken



Life Lessons Opportunity is Everywhere!





Most popular in Tips and Updates

[Fake Olive Oil: Here's How You Can Spot It!](#)



[4:20](#)

[7 Great Money-Saving Hacks Everyone Should Know!](#)



[Amazing! These 10 Natural Remedies Really Work!](#)

[You Don't Need Expensive Equipment to Take Stunning Photos](#)



[Do You Have Dandruff? Here's How to Get Rid of It!](#)

[Your Guide to Finally Silencing Your Snoring Partner](#)



[Use Your Freezer to Clean These 7 Items of Clothing!](#)

[Your Ultimate Guide to Growing Herbs in Water All Year](#)



[15 Things in Your Home You Need to Throw Away Right Now!](#)

[Become the Perfect Host With These 15 Clever Tricks!](#)

[Learn How to Create "Hardwood" Floors With Craft Paper!](#)

[With a Few Plants, You Can Have a Mosquito-Less Summer](#)

[Say Goodbye to Pesky Weeds With This Easy-to-Make Spray!](#)

[Shop Wisely & Always Buy These Things From Dollar Stores!](#)

[Mayonnaise Is a Whole Lot More Useful Than Burger Topping!](#)

[4:28](#)

[We Bet You Don't Know Just How Useful Your Microwave Is](#)

[How to Remove Ugly Water Stains from Wooden Furniture](#)

[Do You Know When to Go to Bed? Just Follow Our Tips](#)

[The Ultimate Guide to Using and Creating Sherry Vinegar](#)

[Want Better Sleep? Try Sleeping Like Our Ancestors!](#)

[10:28](#)

[24 Zip Tie Hacks That'll Make Your Life Much Easier](#)

[7 Steps That Will Help Break Your Addiction to Sugar!](#)

[Got Mosquito Bites? Here's How to Get Rid of Them ASAP](#)

[2:56](#)

[This Is How You Can Quickly Get out of a Sinking Car](#)

[3:49](#)

[This Common Item is More Helpful Than You Ever Guessed!](#)

[Can't Fall Back Asleep? Try These 8 Genius Tricks](#)

[8 Warning Signs That You Might Have a Bed Bug Problem!](#)

[Discover 6 Easy Ways to Clean a Home with Hydrogen](#)



[Peroxide](#)

[10 Signs That Will Help You Read the People Around You](#)

[13 Great Tips That'll Ensure Your Container Pots Thrive](#)

[This Great Advice Will Enable You to Improve Your 5 Senses](#)

[1:53](#)

[Decorate Your Table This Easter with This Bunny Napkin](#)

[The Perfect Morning Guide: How to Start Your Morning Right](#)

[Those Stickers On Your Produce Can Tell You an Awful Lot!](#)

[Boost Your Happiness in These 22 Small, Easy Ways](#)

[Protect Your Plants with These 6 Eco-Friendly Pesticides](#)

[Fake Olive Oil: Here's How You Can Spot It!](#)

[4:20](#)

[7 Great Money-Saving Hacks Everyone Should Know!](#)

[Amazing! These 10 Natural Remedies Really Work!](#)

[You Don't Need Expensive Equipment to Take Stunning Photos](#)

[Do You Have Dandruff? Here's How to Get Rid of It!](#)

[Your Guide to Finally Silencing Your Snoring Partner](#)

[Use Your Freezer to Clean These 7 Items of Clothing!](#)

[Your Ultimate Guide to Growing Herbs in Water All Year](#)



15 Things in Your Home You Need to Throw Away Right Now!

Become the Perfect Host With These 15 Clever Tricks!

Learn How to Create "Hardwood" Floors With Craft Paper!

With a Few Plants, You Can Have a Mosquito-Less Summer

Say Goodbye to Pesky Weeds With This Easy-to-Make Spray!

Shop Wisely & Always Buy These Things From Dollar Stores!

Mayonnaise Is a Whole Lot More Useful Than Burger Topping!

4:28

We Bet You Don't Know Just How Useful Your Microwave Is

How to Remove Ugly Water Stains from Wooden Furniture

Do You Know When to Go to Bed? Just Follow Our Tips

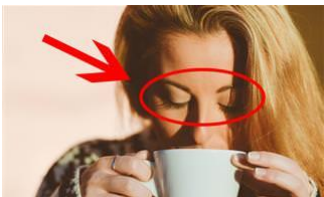
The Ultimate Guide to Using and Creating Sherry Vinegar

Want Better Sleep? Try Sleeping Like Our Ancestors!

10:28

24 Zip Tie Hacks That'll Make Your Life Much Easier













[Have You Tried These Healthy Cream Alternatives Yet?](#)

[7:02](#)

[Gordon Ramsay Explains What You Need for a Great Kitchen](#)



[How to Get the Best Results from Your Slow Cooker](#)



[9 Surprising Psychological Facts About Human Behavior](#)

[Make an Emergency Spare Key with this Guide in 2 Minutes](#)





Tips & DIY

Tips and Updates

The Complete Guide to Body Language!

Tips and Updates 11:04

30 Awesome Fashion Hacks That Will Rock Your Wardrobe!

Tips and Updates

Here's One Really Cheap & Easy Way to Clean a Stovetop!

Tips and Updates

How to Make an Effective Cough Remedy Using an Orange!

Tips and Updates

How to Remove Plaque From Your Teeth in Just Two Minutes!

Tips and Updates

Avoid These Words to Keep Your Credibility Intact

Tips and Updates

We've All Heard of These Cleaning Hacks, But Do they Work?

Tips and Updates

How to Clean 'Dry Clean Only' Clothes at Home

Tips and Updates

It's Easy to Lose Weight with These Healthy Food Swaps

Tips and Updates

How to Keep Greens Crisp and Fresh for More Than a Week



[Tips and Updates](#)

[Heed These Great Tips as They Might Save You One Day](#)

[Tips and Updates](#)

[Do You Wear Glasses? You Must Read Through This Guide](#)

[Tips and Updates](#)

[Use Your Freezer to Clean These 7 Items of Clothing!](#)

[Tips and Updates](#)

[Learn How to Create a Beautiful and Impressive Hairstyle!](#)

[Tips and Updates 5:03](#)

[24 Simple But Genius Hanger Tricks to Use at Home!](#)

[Tips and Updates 3:40](#)

[Shocking! You Must Watch This Video About Child Safety](#)

[Tips and Updates](#)

[9 Ultimate Methods For Stain Removal around the House](#)

[Tips and Updates](#)

[15 Great Tips for Growing a Stunning Vegetable Garden](#)

[Tips and Updates](#)

[Don't Call a Professional! Do These Repairs Yourself](#)

[Tips and Updates](#)

[The Best Time of Day to Eat Healthy Foods!](#)

[Tips and Updates](#)

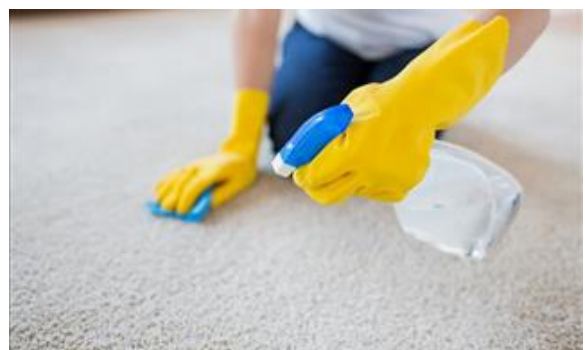
[Learn the Self-Massage That Treats Back And Neck Pain](#)

[Tips and Updates](#)

[If You Ever Get Stung by a Jellyfish, Here's What to Do!](#)

[Tips and Updates](#)

[For the Good of Your Clothes, Stop These Laundry Mistakes!](#)



Tips and Updates

Never Flush or Pour These Items Down Your Drain!



Tips and Updates

19 Household Items That Expire and You Need to Change Now

Tips and Updates 6:08

Fold a Napkin Into a Rose for a Unique Table Setting

Tips and Updates

The 5-Hour Rule: Successful People's Best Kept Secret



Tips and Updates

Your Body Can Do More Things For You Than You Ever Knew

Tips and Updates

Stay Away From These Common Items If You Value Your Life!



Tips and Updates

These 3 Simple Ways Will Help You Identify Organic From GM

Tips and Updates 4:59

Incredible! This Log Cabin Was Built by Just One Man



Tips and Updates

Here's How You Can Declutter Your Home in Just One Month

Tips and Updates

8 Things You Need to Do With Your A/C to Save on Money

Tips and Updates

These Healthy Vegetables Are Super-Easy to Grow In a Pot

Tips and Updates

With Age Comes Wisdom! Great Advice From People Over 50

Tips and Updates 8:53

Wow! Who Knew Kitchen Sponges Are So Versatile?















Get our finest posts sent directly to your inbox

By clicking "Join", you agree to our [Terms & Conditions](#) and [Privacy Policy](#)