

# Learning Styles

## What's your style?

**Definition:** It is the way you or your brain prefers to absorb, process, understand and retain (remember) information. The way you prefer to learn.

### **VISUAL LEARNERS (65% of Population):**

#### **About this style**

- They like written information, notes, diagrams, pictures, and videos
- like to take notes from the board
- great at written communication and symbol manipulation

#### **Strategies-**

- use charts, maps, notes, make drawings, flashcards, YouTube videos, pictures, posters
- visualize or picture words / concepts in their heads
- write down everything for quick visual review

### **AUDITORY LEARNERS (30% of Population):**

#### **About this style-**

- relate most effectively to the spoken word
- listen to lectures & take notes or handouts afterwards
- great at public speakers
- may become lawyers or politicians

#### **Strategies-**

- read written information, assignments or notes out loud
- voice record notes on phone, laptop or tablet and listen to it constantly
- voice record teaching sessions (if permitted)
- sit in front of the classroom so you can hear well
- have a friend or family read the notes to you
- discuss information with friends or study group
- listen to YouTube videos
- put a beat or music to notes

### **TACTILE LEARNERS (5% of Population):**

#### **About this style-**

- learn best through touch, movement & space
- learn skills by imitation & practice
- may work slowly because information is normally not presented in their learning style

#### **Strategies-**

- typing notes, walking around & studying

- exercise and study, play with objects while studying or during learning periods
- role playing different situations
- doing practical assignments
- tap a rhythm or beat to notes
- bounce a ball or skip while studying

**Not sure what's your style?**

**See your School Guidance Counsellor/Officer for help.**

**Division Of Education, Innovation and Energy**

**Student Support Services Unit**

**Guidance & Counselling Department**

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