

Main Learning Styles—Which is Yours?

Visual

Do you learn best by seeing?

Visual learners tend to learn best when information is presented in a written format or another visual format such as diagrams or pictures. Here are other common traits of a visual learner:

- Colours are important to you and can trigger your memories
- You love drawing, scribbling and note taking
- You use visual language such as ‘I see what you mean’ and ‘How does this look to you?’
- You have a photographic memory

Auditory

Do you learn best by hearing?

Auditory learners typically learn best when information is presented in an auditory format. Here are some ways to find out if you’re an auditory learner:

- Does listening to audio tapes help you learn better?
- Do you tend to read aloud or talk things out to gain a better understanding?
- You like to work with music or some type of background noise
- You rarely take notes (if ever) and are good at listening to what others say
- You are highly likely to play an instrument or sing
- You have a remarkable ability to remember songs
- You often are humming or tapping to a beat
- You use aural language like “Do you hear what I’m saying?” and “That sounds right”

Kinaesthetic

Do you learn best by doing? Are you a hands-on learner?

If you’re a kinaesthetic learner, you learn best in hands-on learning settings where you can physically manipulate something to learn from it. Other traits of a kinaesthetic learner include:

- You find it easy to think when exercising
- You’re very active and enjoy sports
- You find it hard to learn sitting still
- You often walk around while talking on the phone
- You may use large hand gestures
- When you’re learning a new skill you like to get physically involved
- You use kinaesthetic language such as “Let’s get moving” and “This feels right to me”.

Verbal

Do you learn best with words and reading?

Verbal Learners are great with all things related to words – this includes both written and spoken.

They take in information best when it is read, as well as if it is discussed verbally or listened to.

Verbal Learners tend to make great writers and public speakers.

- Do you summarise your notes and read them out loud to yourself a number of times
- Do you create flashcards to place around your study space
- Do you reflect on notes and rewrite them in your own words
- Do you incorporate mnemonic learning styles such as rhymes, poems and other verbal concepts to help you remember the material you are learning