



# 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>

