

# Handout: Learning Styles



## UNDERSTANDING LEARNING STYLES

When we talk about learning styles, we are referring to how individuals absorb, understand and retain information best. We may learn primarily by seeing (visual), hearing (auditory), or doing (kinesthetic-tactile). Although learning styles fall into three major categories, many people do not fit perfectly into a single category and may feel drawn to two or more learning styles. These categories are best viewed as flexible and even overlapping for many people. As a teacher, you will do best if you incorporate elements of all three learning styles into your lessons.

### Visual

- Visual learners gravitate toward reading, writing, and visual elements such as pictures, symbols, maps, colors, shapes, videos, and charts.
- Teen teachers can help this learner by: Giving students time to write down words or sentences, using visual materials such as flip charts, graphs, and diagrams, and highlighting key terms in bright colors. Encourage students to redraw pages from memory and use colored highlighters and symbols when they read, study, or work in groups. Incorporate mind maps and use and pictures in place of text.



### Auditory

- Auditory learners prefer listening and speaking as a means of learning new things. They absorb information best through lectures and group discussions. Auditory learners benefit from repetition and mnemonic devices (using rhymes, rules, phrases, or diagrams to memorize information).
- Teen teachers can help this learner by: Giving directions out loud and incorporating small and large group discussion into activities. Encourage students to talk it out, explain things to others, and reread their assignments out loud.



### Kinesthetic-Tactile

- Kinesthetic-tactile learners prefer physical movement and hands-on activities. They learn best from experiencing or doing things and from tactile representations of information.
- Teen teachers can help this learner by: Providing objects to handle such as flashcards or models. Using real life examples and applications to illustrate abstract concepts. Whenever possible, incorporate lab experiments, projects, pictures and role play into lessons.

