



# How do you learn?

There are seven well recognised types of learning styles.

Most people will find that they are not in one category alone, but in a mixture of several.

See below how each style learns to help you adapt your studies to suit your individual style/s ....

## Visual Learners:

- Prefer using images, pictures, colours, and mind maps to organise information and communicate with others.
- Can easily visualise objects, plans and outcomes in their mind's eye.
- Have a good spatial sense and as a result, a good sense of direction. As such, can easily find their way around using maps, and rarely get lost.
- Love drawing, scribbling and doodling, especially with colours.
- Generally have a good dress sense and colour balance.

## Aural Learners:

- Like to work with sound and music.
- Have a good sense of pitch and rhythm.
- Can sing, play a musical instrument, or identify the sounds of different instruments.
- Certain music invokes strong emotions in them.
- Notice the music playing in the background of movies, TV shows etc.
- Hum or tap a song or jingle, or a theme or jingle pops into their heads without prompting.

## Physical Learners:

- Use their body and sense of touch to learn about the world around them.
- Generally like sports and exercise and other physical activities such as gardening etc.
- Like to think out issues, ideas and problems whilst exercising / moving around.
- Would rather go for a run or walk if something is bothering them, rather than sitting at home.
- More sensitive to the physical world around them. As such, notice and appreciate textures in clothes or furniture.
- Like hands on tasks, such as making models, or doing jigsaws.
- Use larger hand gestures and other body language to communicate.
- Don't mind getting up and dancing.
- Either love the physical action of theme park rides, or detest them altogether (as they upset their inner equilibrium too much).
- When learning a new skill or topic, they would prefer to play with the physical parts as soon as they can. As such, would prefer to physically take an engine apart and put it back together, rather than reading or looking at diagrams as to how it works.
- The idea of sitting in a lecture and listening to someone else talk is repulsive to them and they find that they fidget or can't sit still for long when in these circumstances.

## Verbal Learners:

- Love both the written and spoken word.
- Can readily express themselves, both in writing and verbally.
- Love reading and writing.
- Like playing on the meaning or sound of words, such as in tongue twisters, rhymes, limericks etc.
- Know the meaning of a lot of words, and regularly make an effort to find the meaning of new words. They then use the words and phrases they have recently learned, when conversing with others.

## Logical Learners:

- Like using their brain for logical and mathematical reasoning.
- Can recognise patterns easily and connections between seemingly random content.
- Classifies and groups information to aid their understanding.
- Works well with numbers and can perform complex calculations. Can recall the basics of trigonometry and algebra, and undertake moderately complex calculations in their heads.
- Work through problems and issues in a systematic / logical way, and like to create procedures.
- Are comfortable setting numerical targets and budgets, and keep track of their progress towards these.
- Enjoy creating agendas, task lists, and to-do lists etc and placing the items on same in number and rank order.
- Often support points made with logical examples or statistics.
- Identify logic flaws in other peoples words, writing or actions, and point these out.
- Like working out strategies and using simulation. Generally like brainteasers, backgammon, and chess etc. May also like PC games such as "Civilisation" etc.

## Social Learners:

- Can communicate well with people, both verbally and non-verbally.
- People listen to Social Learners or approach them for advice. Social Learners are sensitive to those individual's motivations, feelings or moods.
- They listen well and understand other's views. Perhaps enjoy mentoring or counselling others.
- Prefer learning in groups or classes, or one-on-one time with a teacher or tutor.
- Heighten their learning by bouncing their thoughts and ideas off other people and listening to how those people respond.
- Prefer to work through issues, ideas and problems with a group. Love working with a synergistic group of people.
- Prefer to stay around after class and chat to others.
- Prefer social activities, rather than doing their own thing. In particular, games that involve other people, such as card games and board games or team sports such as football, hockey and netball etc.

## Solitary Learners:

- Are more private, introspective and independent.
- Can concentrate well, focusing their thoughts and feelings on their current topic.
- Are aware of their own thoughts and may analyze the different ways they think and feel, spending time on self-analysis, and often reflecting on past events and the way they dealt with same.
- Take time to ponder and assess their own accomplishments and challenges.
- Could perhaps keep a journal, diary or personal log to record their thoughts and events.
- Like spending time alone and could have a personal hobby (like painting).
- Prefer travelling or holidaying in remote or places, far away from large amounts of people.
- Know themselves and their own minds and as such will think independently.
- Potentially will of attended self-development workshops, read self-help books or used other methods to develop a deeper understanding of their psyche.
- Prefer to work on problems by going somewhere quiet and working through possible solutions. As a result, could spend too much time trying to solve a problem, which could more readily be solved by discussing with somebody else.
- Like to make plans and set goals. Understand their direction in life and work.
- Prefer to work for themselves, or have a future goal to do this.
- If their current direction in life has not been planned, they experience a deep sense of personal dissatisfaction.

