

LEARNING STYLES

Learning Modality	Characteristics
Kinesthetic	Learning by touch, doing, movement, involvement
Auditory	Learning by hearing, speaking, listening
Visual	Learning by forming mental pictures, by devising diagrams and concept maps

Keep in mind that the more modalities you use, the easier it will be to understand, store, and retrieve information. For example, even if you are primarily an auditory learner, also try to integrate studying graphics or acting out information. In addition, be flexible and willing to analyze your strategies; change them if they are not working! Give yourself time to adjust to new methods of studying.

Visual Learners: learn best through visual stimuli

- Can easily recall printed information in the form of numbers, words, phrases, or sentences
- Can easily understand & recall information presented in pictures, charts, or diagrams
- Have strong visualization skills & can look up (often up to the left) & “see” information
- Can make “movies in their minds” of information they are reading
- Have strong visual-spatial skills that involve sizes, shapes, textures, angles, & dimensions
- Pay close attention & learn to interpret body language (facial expressions, eyes, stance)
- Have a keen awareness of aesthetics, the beauty of the physical environment, & visual media

Auditory Learners: learn best through hearing

- Can accurately remember details of information heard in conversations or lectures
- Have strong language skills that include well-developed vocabularies & appreciation of words
- Have strong oral communication skills that enable them to carry on conversations & be articulate
- Have “finely tuned ears” & may find learning a foreign language relatively easy
- Hear tones, rhythms, & notes of music & often have exceptional musical talents

Kinesthetic Learners: learn best through action & hands-on activities

- Learn best by doing
- Learn well in activities that involve performing (athletes, actors, dancers)
- Work well with their hands in areas such as repair work, sculpting, art, or working with tools
- Are well-coordinated with a strong sense of timing and body movements
- Often wiggle, tap their feet, or move their legs when they sit
- Often were labeled as “hyperactive”

Field Dependent vs. Field Independent

Field Dependent	Field Independent
Rely more heavily on external stimuli in a task	Rely on internal cues for the processing of information, analyzing things into parts
Learn best with a group	Easily work independently
May have difficulty separating individual parts from a whole	Can more easily structure time independently
May find study groups bridge gaps between instructor distance and your preference for interactive learning	May appreciate designing own assignments and assessments
Look for well-articulated course objectives, requirements, and class discussions	Independent study sessions are usually preferred