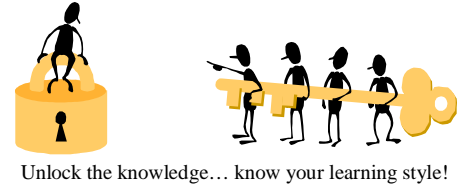


VARK



Learning Styles: Visual, Auditory, Read/Write, Kinesthetic

There are many models and theories about learning styles. This particular system about an individual's learning preference is known as **VARK**—Visual, Auditory, Read/Write, and Kinesthetic (hands-on)

Know your tutee's learning style. Why?

To find out if he or she processes, learns, and retains information most effectively by seeing, listening, reading/writing, or through movement/touch. Each individual has a preferred learning style, and many have multiple learning styles. One particular style is not better than the others and a preferred style does not mean you cannot learn in other ways; it is simply what may work best to process, learn and retain information. Students may become better learners if they know their learning style and use the respective strategies.

Visual Learning Style

These learners need to see the teacher's body language and facial expression to fully understand the content of a lesson. They generally prefer to sit at the front of the classroom. These individuals think in pictures and may learn best from visual displays including: diagrams, illustrated textbooks, overhead transparencies, videos, flipcharts, use of interactive whiteboards, and handouts. During a lesson or classroom discussions, visual learners often prefer to take detailed notes to absorb the information.

Learning strategies:

- Highlight important points in text; key words
- Create flashcards for key information; be concise
- Limit amount of words/information; allows for mental imagery
- Convert notes and translate words into symbols, diagrams, and/or pictures
- Create visual reminders of information
- Practice turning visuals back into words
- Color-code, underline, and/or highlight information
- Be creative with charts, diagrams, mindmaps

Learn through seeing



Auditory Learning Style

These individuals learn best through verbal lessons, discussions, talking things through, and listening to what others have to say. Auditory learners interpret the underlying meanings of speech through listening to the voice tone, pitch, and speed. These learners often benefit from reading the text and notes out loud and/or listening to recorded notes and information from texts.

Learning strategies:

- Work in groups or with a study partner; i.e. discussions: listening, talking
- Review assignments and text reading before class
- Read notes and text out loud
- Recite information that is important to remember
- Record notes, key information, and lectures; listen to recordings regularly
- Use books-on-tape
- Mathematical/technical information:
 - State the problem out loud
 - Think through a process or sequence of steps: write out, then read out loud
 - Discuss questions/problems in a group or with a study-buddy

Learn through listening



Read/Write Learning Style

Individuals with this preference prefer information displayed as words. Emphasis is placed on text-based input and output; i.e. reading and writing in all its forms. People who prefer this modality love to work using PowerPoint, the Internet, lists, dictionaries, thesauri, and words.

Learning strategies:

- Rewrite notes
- Read/review notes every day
- Rewrite ideas and principles into other words
- Organize diagrams/graphs into statements
- Turn reactions, actions, charts, etc. into words
- Write exam answers
- Practice with multiple choice questions
- Write paragraphs, beginnings and endings
- Write lists (a,b,c,1,2,3,4)
- Arrange words into hierarchies and points

Learn through reading/writing



Kinesthetic Learning Style

Kinesthetic learners learn best through a hands-on approach. Sometimes, it can be difficult for individuals with this learning preference to sit still for long periods. Kinesthetic learners can become distracted by their need for movement and activity.

Learning strategies:

- Skim through reading material first to understand the theme or main idea
- Move around as you read aloud or study; walk and read; work in a standing position
- Record notes and listen to them while exercising
- Take frequent study breaks
- Listen to music while studying
- Sit in the front of the classroom
- Stay actively engaged in class: take notes, write key points, draw charts
- Create hands-on learning when possible:
 - Use models, extra lab time, visit museums or places that connect to course material
- Create cards for processes:
 - Color code like information
 - Limit information: use key words, symbols
 - Arrange in order; shuffle and repeat
- Type over notes from text and class
- Create spreadsheets, tables, charts to organize material

Learn through touching,
moving, and doing



Links to discover your learning style:

<http://www.vark-learn.com> [Copyright Version 7.0 (2006) held by Neil D. Fleming, Christchurch, New Zealand and Charles C. Bonwell, Springfield, MO]

or
http://www.metamath.com/multiple/multiple_choice_questions.html [DVC Learning Style Survey for College]

Sources:

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2. **Central Piedmont Community College**. Academic Learning Center http://www.cpcc.edu/academic_learning/handouts/study-skills-handouts/college-success-study-skills/learning_styles-vak.pdf
3. VARK, A Guide to Learning Styles. <http://www.vark-learn.com>. Copyright Version 7.0 (2006) held by Neil D. Fleming, Christchurch, New Zealand and Charles C. Bonwell, Springfield, MO