

## WHAT are the TYPES of LEARNING STYLES?

### ● **VISUAL LEARNERS:** *learn through seeing...*

These learners need to see the teacher's body language and facial expression to fully understand the content of a lesson. They tend to prefer sitting at the front to avoid visual obstructions. They may think in pictures and learn best from visual diagrams, overhead transparencies, videos, and handouts. During a lecture or classroom discussion, visual learners often prefer to take detailed notes to absorb the information.

### ● **AUDITORY LEARNERS:** *learn through listening...*

They learn best through verbal lectures, discussions, talking things through and listening to what others have to say. Auditory learners interpret the underlying meanings of speech through listening to tone of voice, pitch, speed and other nuances. Written information may have little meaning until it is heard. These learners often benefit from reading text aloud and using a tape recorder.

### ● **KINESTHETIC/TACTILE LEARNERS:** *learn through moving, doing and touching...*

Tactile/Kinesthetic persons learn best through a hands-on approach, and prefer actively exploring. They may find it hard to sit still for long periods and may become distracted by their need for activity and exploration. They will benefit from writing instructions down and holding paper.