

CHARACTERISTICS OF LEARNING STYLES

VISUAL: mind sometimes strays during verbal activities, observes rather than talks or acts, organised in approach to tasks, likes to read, usually a good speller, memorises by seeing graphics and pictures, not easily distracted, finds verbal instructions difficult, has good handwriting, remembers faces, uses advanced planning, doodles, quiet by nature, meticulous, neat in appearance, notices details.

AUDITORY: talks to self aloud, enjoys talking, easily distracted, has more difficulty with written directions, likes to be read to, memorises by steps in a sequence, enjoys music, whispers to self while reading, remembers faces, easily distracted by noises, hums or sings, outgoing by nature, enjoys listening activities.

KINAESTHETIC: likes physical rewards, in motion most of the time, likes to touch people when talking to them, taps pencil or foot while studying, enjoys doing activities, reading is not a priority, poor speller, likes to solve problems by physically working through them, will try new things, outgoing by nature, expresses emotions through physical means, uses hands while talking, dresses for comfort, enjoys handling objects.

AIDS FOR EACH LEARNING STYLE

- VISUAL:**
- > Write down the key facts, creating 'key fact cards' which you can lay out in front of you
 - > Aim to visualise what you are learning. Sit back, look up and try to see a picture of the ideas or information, e.g. if learning a new song, visualise a story around the lyrics to help you remember them
 - > Write notes and stick them in strategic places, e.g. bathroom mirror, wardrobe, fridge
 - > Make charts or graphs of the flow of the music
- AUDITORY:**
- > Read the words out loud as you try to learn them
 - > Sit back, look from side to side and mentally rehearse delivering the song as a speech to an audience, where you are the start turn
 - > Make audio recordings of the information and play them back to yourself, especially just before you go to sleep
 - > Explain the subject/song to people, especially if they've never heard it before. A pet hamster will do!
- KINAESTHETIC:**
- > Move about as you learn the information/song by pacing or walking around as you repeat it back
 - > Use actions to imprint the information on your body, the more obvious the better, e.g. hands on heart for love etc.
 - > Retype the information on a computer, using different coloured fonts and print sizes that appeal to you
 - > Give yourself 'kinaesthetic breaks,' e.g. juggling, knitting
 - > Use mnemonics, i.e. word links, rhymes