Learning Styles

Making the Most of Your Study Time

Identifying Your Style

- Identifying how you learn best allows you to select learning activities that make the most of your study time
- Most people are a combination of learning styles, with one that is dominant
- Most adults are visual/kinesthetic learners

Learning Styles – Classifications

- Sensory Learning Styles
  - Visual
  - Auditory
  - Kinesthetic

- Social Learning Preferences
  - Solitary
  - Social

- Global versus Analytical Preferences
  - All at once
  - Sequential

Sensory Learning Styles

- The best known learning styles describe how the information reaches the learner
  - Visual – sight
  - Auditory – hearing
  - Kinesthetic – touch

Visual Learners

- Must see the information
- Cannot recall information merely told to them
- Most adults are visual learners (dominant learning style)

Auditory Learners

- Need to hear the spoken word
- When studying they need to 'think out loud'
- Few people are predominantly auditory learners
- All students can benefit from adding an auditory component to their study techniques

Kinesthetic Learners

- Need "hands-on" interaction to learn
- Watching is not enough, they must *do* for themselves
- Most adults are at least partially kinesthetic learners.

Group versus Solo Learning

- In addition, some people learn better in groups and some learn better alone.
  - Solitary learners
  - Social learners
- Again, most people are a combination and what works for one type of information may not work as well for other types.

Solitary Learners

- Find the presence of others distracting
- Cannot focus when in groups

- Ask – "Is this me?"

Social Learners

- Need the interaction to focus
- When they are alone, their minds tend to wander
- Exchanging ideas with others helps them to process information and gain deeper understanding

- Ask – "Is this me?"

Global vs. Analytical Learners

- Most people tend to initially grasp new information either as a whole (the "big picture") or as a series of smaller items that add up to a whole (sequential)

- Global learners get bored quickly in a classroom setting

- Analytical learners think the teacher moves too fast

Global Learners

- Global learners need the big picture.
- They like to see where concepts interrelate with other concepts and how it all applies to them.
- These learners need an overview of a topic first and tend to get frustrated with fine detail.

Global Learner Characteristics

- Need all the information before beginning
- Want to know all the steps involved
- Like to know what the finished product will be like
- Need to know where the information fits into their own lives

- Ask – "Is this me?"

Study Strategies for Global Learners

- In addition to learning the study material, think of a time in the future when this information will be useful.

- Don't overlook details:

  - Flag terms, concepts or sections that you skipped over or did not understand

  - After you have been through all the material once, go back and review these sections again

Analytical Learners

- An analytical learner is able to process the details independently from each other.
- This learner loves details, facts and figures.

Analytical Learner Characteristics

- Like small chunks
- Love facts and figures
- Like to know all the fine details
- Self evaluate
- Like step by step
- Take a more logical approach

- Ask – "Is this me?"

Study Strategies for Analytical Learners

- Avoid "analysis paralysis" or getting sidetracked by insignificant detail
- Create an agenda and timetable and stick to them
- Prioritize the material into "must know" and "nice to know" lists

Using Flashcards

- Review them several times, reading the new information side first

- Pause and see if you can remember the answer, translation, or explanation; then flip the card over to see if you are correct

- Now review them several more times, reversing the cards – looking at the answer side first (Jeopardy)

Learning Style Assessments

- Sensory Styles - http://marciaconner.com/assess/learningstyle/

- Sequential or Global - http://www.engr.ncsu.edu/learningstyles/ilsweb.html