

# Learning Styles

Style Category	Types of Styles - (Each on a continuum)		
<b>Input Style</b>	<b>Visual Learners:</b> Prefer visual input, such as written word, graphics, and animations.	<b>Auditory Learners:</b> Prefer the spoken word.	<b>Kinesthetic Learners:</b> Prefer to learn by doing.
<b>Cognitive Style</b>	<b>Abstract Learners:</b> Able to conceptualize and prefer methods such as models and theories.	<b>Concrete Learners:</b> Use their senses and prefer methods such as facts and experiments.	
<b>Processing Style</b>	<b>Contemplative Learners:</b> Listen and observe, then process and internalize the information through contemplation.	<b>Active Learners:</b> Learn through participation and experience.	
<b>Organizational Style</b>	<b>Macro Learners:</b> Need the big picture before the pieces.	<b>Micro Learners:</b> Need to learn the pieces to understand the big picture.	

<https://it.toolbox.com/blogs/craigborysowich/use-various-training-styles-072607>

## Differences between children and adults as learners

Children	Adults
Rely on others to decide what is important to be learned	Decide for themselves what is important to be learned
Accept the information being presented at face value	Need to validate information based on their own beliefs and experiences
Expect what they are learning to be useful in their long-term future	Expect what they are learning to be immediately useful
Have little or no experiences upon which to draw—are relatively “clean slates”	Have much experience upon which to draw-may have fixed viewpoints
Little ability to serve as a knowledgeable resource to teacher or fellow classmates	Significant ability to serve as a knowledgeable resource to trainer and fellow learners.

# Characteristics of Visual Learners

- Like to read.
- Are good spellers.
- Memorize things by seeing them on paper.
- Are organized.
- Would rather watch, than talk or do.
- Have good handwriting.
- Notice details.
- Remember faces better than names.
- Have trouble following verbal directions.
- Are easily distracted by noise.
- Doodle on their paper.



*"When I see it, then I understand"*

# Characteristics of Auditory Learners

- Talk aloud to themselves.
- Like explaining things to others.
- Remember names.
- Recognize variations in a person's tone of voice.
- Understand concepts better by talking about them.
- Are distracted by background noise.
- Have difficulty following written directions.
- Read slowly.
- Have difficulty being quiet for extended periods of time.
- Like being read to.
- Memorize things by repeating them aloud.
- Enjoy music.
- Whisper the words on the page as they read.
- Hum or sing often.
- Like being around other people.
- Enjoy the performing arts.



# Characteristics of Kinesthetic Learners

- Move around a lot
- Like to touch people they're talking to
- Tap their pencil or foot while doing schoolwork
- Enjoy physical activities
- Take frequent breaks when studying
- Do not spend a lot of time reading
- Have difficulty spelling correctly
- Like to solve problems by physically working through them
- Like to try new things
- Are coordinated and agile
- Are considered hyperactive
- Express their feelings physically, such as hugging and hitting
- Move their hands when they talk
- Dress for comfort, instead of style
- Lie on the floor or bed when studying
- Enjoy touching things
- Have difficulty sitting still for extended periods of time
- Excel in athletics and the performing arts



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