

Session 14: Learning styles

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Today we are exploring

- ✓ Different models of learning style and preference
  - ✓ 4 learning styles – honey and Mumford
  - ✓ VARK – visual auditory, reading, kinaesthetic
- ✓ How these relate to neurodivergence
- ✓ Links to appreciative coaching

Honey & Mumford's Learning Styles

Intuitive

Activist



Values maximal experience to develop automatic instincts.

Reflector



Gathers observations, stories, and experiences to intuit patterns.

Doing

Observing

Pragmatist



Learns through methodical, hands-on experimentation.

Theorist



Deeply studies key principles to build strong understanding.

Logical

BiteSize Learning

Finding WHAT Matters
COACHING SKILLS FOR PARENTS

The VARK Framework: Four Types of Learning Styles



Visual Learner

Learn best through visual aids and imagery



Auditory Learner

Learn best through sound and listening





Reading/Writing Learner

Learn best through written words

Kinesthetic Learner

Learn best through hands-on experiences and physical activities



Sundance college

College Tips to Define Your Learning Style & Study Smarter

Finding WHAT Matters
COACHING SKILLS FOR PARENTS

1

Process information best that can be seen

- pictures over words
- graphs, tables, maps
- see images of ideas
- image of details or instructions

Visual (Spatial)

2

Process information best that is heard

- lecture style teaching
- sounding out words
- reading aloud, audiobooks
- can become easily distracted by sound

Auditory (Musical)

3

Finds success with hands-on opportunities

- doers and movers, likes obstacle courses,
- enjoys building models
- conducts experiments, does artwork, crafts, projects
- harder time sitting still

Kinesthetic (Physical)

4

All about words, spoken and written

- writing notes, outlines
- reading about topic, researches
- group discussions
- word games like Scrabble, Boggle, or Hangman

Verbal (Linguistic)

5

Thrives on learning through logical reasoning

- likes steps or systems
- enjoys facts, order, math
- organized, methodical
- think and plan before taking action

Logical (Mathematical)

6

Thrives around other people

- likes to communicate and receive feedback
- group projects
- group discussions and planning
- social butterfly

Social (Interpersonal)

7

Prefers independence

- needs own quiet space
- self-reflection, awareness of your moods, feelings
- self-regulates, soothes self, owns tasks, time management aware
- self-motivated to acquire mastery, not outside praise

Solitary (Intrapersonal)



7 Learning Styles

Finding WHAT Matters
COACHING SKILLS FOR PARENTS

Gestalt Language Processing: common for neurodivergent people

- ✓ Don’t learn using single words or concepts
- ✓ Learn in chunks, holistically
- ✓ BLUE = LIGHT, DARK, SKY, COBALT, STEEL, CYAN, CORNFLOWER, ROYAL blue
- ✓ Detail is important words are important, how concepts fit together is important
- ✓ The pattern that makes up the whole is important
- ✓ Connect knowledge to lived experience
- ✓ Focus can be tough when it all feels important
- ✓ To help:
  - ✓ Be specific, give context, help eliminate irrelevant information, try to understand them so they can start to understand you

How do you find out a person's learning style?

- ✓ Use one of the assessments – Honey and Mumford, VAK
- ✓ Listen to the words someone uses to describe their experience and reflect back what you notice to check if it resonates with them
- ✓ Give them the 7 examples and ask them what feels comfortable for them
- ✓ Notice if they prefer learning chunks rather than single concepts
- ✓ People's learning styles may differ over time and be influenced by how resourced they are feeling at any one time – discuss how they learn when they are happy compared to stressed
- ✓ People benefit from learning using a range of styles rather than sticking with just one

Links to appreciative coaching

- ✓ 4Ds: Discover, dream, design, destiny
- ✓ **Discover:** strengths – what do you notice about how that person learned in that situation? What words did they use? How did they describe their experience?
- ✓ **Dream:** how would they love things to unfold? What would make the learning easy and fun? What if they could learn any way they wanted to?
- ✓ **Design:** what are the different ways they could try out the learning to experiment with different learning styles? What could they try for the first time?
- ✓ **Destiny:** on reflection, what do they notice about their learning style? What would have made learning easier? What will they do differently next time?