7 Learning Styles

VISUAL (Spatial)



- Process information best when it can be seen.
- Use graphs, maps, photographs, drawings, infographics etc
- Make instructions visual

AUDITORY (Musical)



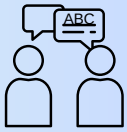
- Processes information best when it is heard
- Prefers lecture-style teaching, reading aloud, audiobooks, and recordings
- Can become easily distracted by sounds

KINESTHETIC (Physical)



- Prefers hands-on opportunities
- Likes to be doing and moving, obstacle courses, models, experiments, crafts
- Finds it harder to sit still

VERBAL (Linguistic)



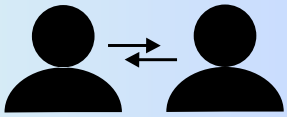
- All about spoken and written words
- Likes reading notes and instructions, research
- Group discussion and presentations
- Enjoys word games like Scrabble

LOGICAL (Mathematical)



- Thrives on logic and reason
- Likes steps or systems, learning facts, ordering, organising, and methodical processes
- Thinks and plans before taking action

SOCIAL (Interpersonal)



- Learns best around other people
- Enjoys communication and feedback
- Learns through group projects, discussion, and group planning
- Social butterfly

SOLITARY (Intrapersonal)



- Prefers independence and self-reflection
- Self-motivated, self-regulating, aware of own feelings, task-independent and good time-management

Each person has a preferred learning style. This is how we best retain, and recall information.

Understanding your own learning style, and the learning styles of others can help to explain how we learn, or act.

Adapted from https://pilotparenting.com