



Learning Styles

VAK/VARK model

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What are Learning Styles?

Information enters your brain three main ways: sight, hearing and touch, which one you use the most is called your Learning Style

Neil Fleming's VAK/VARK model

- Visual Learners learn by sight
- Auditory Learners learn by hearing
- Read/Write Learn by read and write
- Tactile Learners (kinesthetic) learn by touch



Visual Learners

- Prefer to see information
 - pictures, diagrams, cartoons, demonstrations
- Picture words and concepts they hear as images
- Easily distracted in lecture with no visual aids
- Overwhelmed with intense visuals accompanied by lecture
- Benefit from using charts, maps, notes, and flash cards when studying

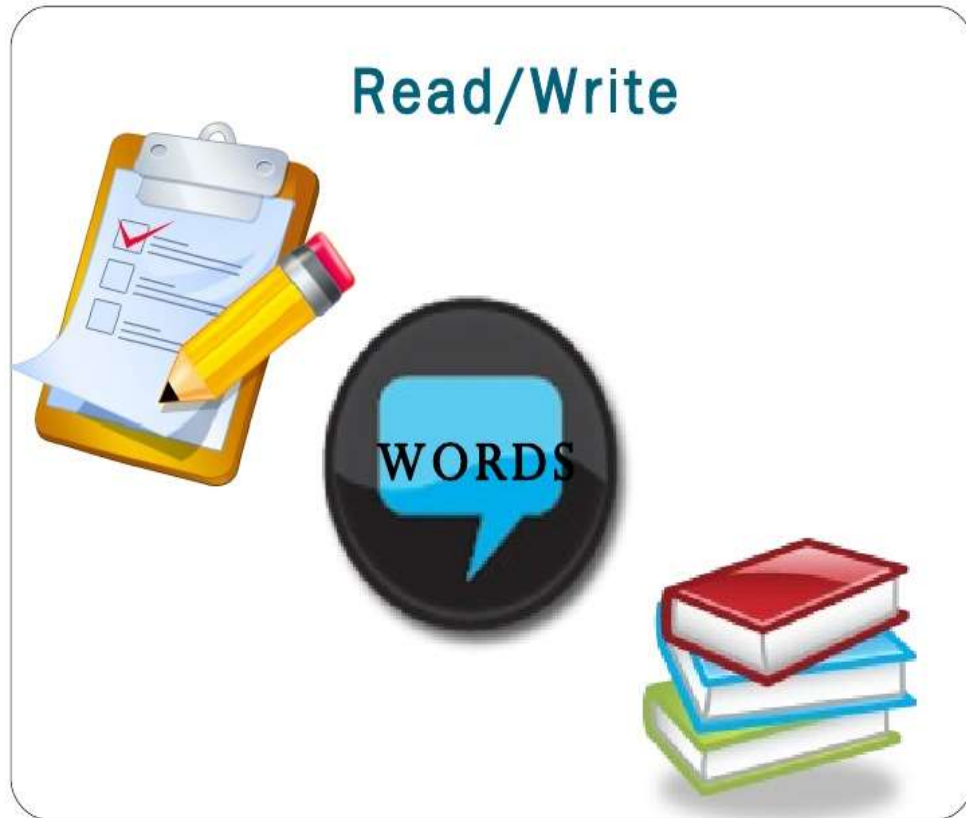


Auditory Learners

- Prefer to hear information spoken
- Can absorb a lecture with little effort
- May not need careful notes to learn.
- Often avoid eye contact in order to concentrate
- May read aloud to themselves
- Like background music when they study



Read/ Write Learners



- Prefer to read/write information spoken
- Can absorb a lecture with little effort
- need careful notes to learn
- Often avoid eye contact in order to concentrate
- May read aloud to themselves
- Writing will help them to remember & conceptualize

I LEARN BY:

DOING
READING



Tactile or Kinesthetic Learners

- Prefer touch as their primary mode for taking in information
- In traditional lecture situations, they should write out important facts
- Create study sheets connected to vivid examples
- Role-playing can help them learn and remember important ideas
- May benefit by using manipulatives



The End