

# What Is Your Learning Style?

AND WHY IT IS IMPORTANT

## Visual

- Uses “visuals” such as charts, graphs, pictures, and seeing the information presented.
- Can prefer to write things down as it provides better memory of material
- Does better in classes or lectures by attending/watching them

## Kinesthetic

- Prefers the “hands-on” approach to learn new information
- Would rather demonstrate how to do something rather than verbally lecture
- Usually known for being good in math and science

## AUDITORY

- ABSORBS INFORMATION THROUGH THE ACTIONS OF HEARING AND SPEAKING
- LIKES TO SUMMARIZE INFORMATION OUT LOUD TO HELP REMEMBER
- THEY LIKE TO BE TOLD DIRECTLY HOW TO DO THINGS

DISCOVERING YOUR LEARNING STYLE COULD HELP YOU BECOME MORE AWARE OF THE WAY YOU RETAIN INFORMATION. THIS AWARENESS COULD ALLOW YOU TO GROW IN THIS TYPE BY USING HELPFUL ATTRIBUTES OF YOUR TYPE. IT CAN ALSO PROVIDE A FOUNDATION OF YOUR LEARNING STYLE IF YOU WANTED TO FURTHER RESEARCH IT.