

The Importance of Knowing Your Learning Style

By Sonia Ziemba-Domańska



Learning Styles

Knowing the best way(s) that you learn will help you to determine the study strategies that will work best for you. There are various ways of knowing your style:



1

Diagnostic testing of your disability, if applicable.

2

Reflecting on ways that you prefer to learn.

3

Taking a learning styles inventory.



Learning Styles

Auditory vs Visual Learners

Auditory - learn better through hearing information.

Visual - learn better through seeing information (in print, video, demonstration, etc.)



Learning Styles

Applied vs Conceptual Learners

Applied - learn better with practical, real world examples.

Conceptual - do not need these examples to understand, they prefer to work with abstract language or ideas.



Learning Styles

Spatial vs Verbal Learners

Spatial learners are very visual, able to visualize how something should look or fit together.

Verbal learners are more language-oriented and find visualizing difficult.



Learning Styles

Creative vs Pragmatic Learners

Creative – imaginative, think “outside of the box”

Pragmatic – logical, prefer order and rules



Learning Styles

Social vs Independent Learners

Social – prefer to work with others, including TAs

Independent – prefer to work alone



Learning strategies

Based on Auditory Learning Style

- Auditory learners learn best from lecture and discussion with others. Consider meeting with a professor, TA or tutor on a regular basis to go over course content.
- Start a study group with one or more of your peers to discuss course content and review material together.
- While studying, try saying the material out loud. This may help you to remember the information better.



Learning strategies

Based on Visual Learning Style

- Visual learners learn best from visually presented materials such as pictures, charts and graphs. Be sure to focus on these when reading.
- Draw pictures and diagrams in your notes, where appropriate.
- Utilize mapping techniques when reading, preparing to write a paper or studying for an exam.



Learning strategies

Based on Applied Learning Style

- When studying, try to come up with at least one example of every concept/topic studied.
- Apply the material you are learning to practical situations or your own previous knowledge/experience when possible.
- Be sure to pay attention to case study examples when reading.



Learning strategies

Based on Conceptual Learning Style

- Note the “overall picture” or concept as you are reading – take notes on these.
- Organize material from the general to the specific. Note concepts and examples of these concepts.



Learning strategies

Based on Spatial Learning Style

- This learning style is closely connected to the visual learning style.
- Draw diagrams or pictures.
- Organize information into charts or flow diagrams.
- See visual learning style slide for more strategies.



Learning strategies

Based on Social Learning Style

- Find others to study with: partner, group.
- Meet with the instructor or TA on a regular basis to review course concepts.
- Be sure to participate in class discussion!



Learning strategies

Based on Creative Learning Style

- Courses that are not overly structured but allow students to explore or experiment with the course content may be best for you.
- Note your reactions to course content. This could be used in class discussion or on a paper.



Learning strategies

Based on Pragmatic Learning Style

- Write lists of steps
- Follow a rubric (guidelines) when you study or write a paper. If a rubric is not given to you, consult with the professor so you know how you will study or what to focus on when you write your paper.
- Focus on organizing the course information in a logical sequence such as: cause and effect or problem-solution.



Learning strategies

Based on Independent Learning Style

- Traditional lecture courses or independent study courses may work best for you.
- As needed, use alternative books or other resources to help you understand the course content.



Do zobaczenia i usłyszenia!

Sonia Ziemba-Domańska
School Psychologist
ziemba@pjatk.edu.pl

