

The National Learning Network Assessment Service

Learning Styles Report

Visual Learning Style

Those with the Visual Style have a preference for visual information, such as charts, diagrams, images and pictures. They enjoy the visual content of books and seeing a demonstration. When reading, they generally prefer to conjure up visual images than think about the dialogue. They will probably remember the visual detail of a room, or a person's face, but may forget the details of conversations held.

Visual learners learn best through the use of visual stimuli. Here are some examples:

- Demonstration and picture led activities.
- Multimedia computer activities with high visual content.
- Mind maps, brief notes, and highlighting key points work well.

Auditory Learning Style

Those with the Auditory Style prefer to learn through words usually by listening e.g. to lectures, conversations or listening to the radio. They can assimilate language very quickly, whether it is spoken or read. They are often talkative, needing to think aloud. They are more likely to remember somebody's name than what they look like.

For these individuals, material is best presented through the auditory system. Some examples are:

- Listening to lessons or instructions.
- Participating in discussions.
- Listening to audio tapes.
- Explaining concepts to others.
- Reading materials to themselves is also usually important for this group.

Kinaesthetic Learning Style

Those with the Kinaesthetic Style prefer to learn by 'doing' and learn best through touch, movement and manipulation. They often enjoy physical activities and crafts, would rather get something straight out of the box and figure it out than read the instructions. They often dislike sitting still in long talks and like to move around when learning.

For these individuals physical activity increases their learning. They benefit from:

- Physical activity rather than a listening/talking or paper based activity.

National Learning Network

Investing in People, Changing Perspectives

- Hands on activities are a good way of learning so undertaking work with a practical element usually works well
- They need to have regular breaks which allow some physical movement.
- Rewriting notes can utilise the physical component to add to the visual aspect of the learning.
- Thinking and problem solving may even be aided by walking around.

Creative/Imaginative Individual

Generally the individual likes to undertake new projects and likes to come up with creative solutions. The individual often does not like learning to a strict timetable, and can forget important details and can seem easily distracted from the work

- Can work in a team if there are others who are organized.
- Good for brainstorming new ideas.
- Likes to move onto other projects once the idea has been created.
- Will consider different ways of doing a task rather than relying on one way, so may be able to take different routes in learning.

Logical individual

Generally good at organising materials and will work on a project until it is right. Tend to be precise and follow in a step-wise manner. They may not seek advice from others. May tend to be over cautious and want to have it all right. Not so good in a group discussion.

- Good critic.
- Persistent until got a task right.
- Good at problem solving.
- Likes things to be organised and have a plan of action.

The meticulous individual

This individual generally likes to carry out things with care and in order. He or she may need to know what is expected before taking on a new task.

They generally like order and sometimes may find change harder to cope with than others.

He or she may stay on a task, essay or project at times for too long to ensure there is perfection and this may result in them not being able to complete it in time.

The approximator

This type of worker generally gets on with the job and will have a go even when it is not all quite right.

National Learning Network

Investing in People, Changing Perspectives

He or she usually can adapt well to changing conditions and will go with `good

enough` and get on with the next task in hand. He or she may not always recognise when more care and attention is required and may sometimes make careless mistakes. This person is good at getting on with the job and has a broad brush strokes approach to work.

Group style learner

Likes to be a part of a group and share ideas. Generally likes to socialise. Can be a good team player and communicate his or her ideas to others. May become over-reliant on other people and may find learning on his or her own feel quite frightening. May not estimate accurately own skills.

- Good team player.
- Share ideas.

Solo learner

Generally prefers to work alone. Happy to be with a small group of people or entertain him or herself. Feels self sufficient. When given a task will get on with it and not always ask for help.

- Better learning on a project alone.
- Not always able to share ideas.
- May have own ideas and not always be able to take on others.

Environment

How and where you learn or work s also important.

It is necessary to be aware of the right time to work and the right place to work.
(There are further fact sheets on this)

Organisational and time management skills

There are fact sheets on this, if you would like some advice on becoming more organised at work or at home.