

People's Democratic Republic of Algeria

University Batna 2

Faculty of letters and foreign languages

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Course: TTU (Learning skills)

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Lesson 1: learning styles

At every level of education, people have their preferences and methods which work best for them. To be able to maximize your learning abilities, it helps to understand what learning style is most efficient on an individual level. More often than not, people identify themselves as either auditory or visual learners. But if you were to ask “What are the 7 different learning styles?” You will come to see that you may lean towards more than one style.

What Are Learning Styles?

Learning styles are the way by which students prefer to learn. One’s desired learning style is a factor of cognitive ability, emotions, and environmental factors

In fact, many people actually tend to learn in similar ways, as in by seeing something in practice or listening to step-by-step instructions. For this reason, some experts are less likely to categorize learning into styles and are more apt to present it as different options that students can choose what works best for them.

The 7 learning styles

1. Visual

Visual learners prefer to see things drawn out or in graphs to understand concepts. If you like to doodle, draw, or create mind maps, it’s likely that you’re a visual learner. Visual learners use images and symbols to connect concepts and be able to see relationships between ideas. It’s common for people who become architects, designers, engineers, and project managers to prefer this style of learning.

2. Auditory

This style is also known as aural or auditory-musical. Such learners like to listen and hear information in order to process it. Some professions that bode well for auditory learners include: musicians, speech pathologists, sound engineers, and language teachers.

3. Verbal

If you love words and writing, you're likely a verbal learner. Linguistic learners enjoy reading and writing and enjoy word play. Verbal learners are likely to become writers or journalists or work in politics and administration roles.

4. Physical

Physical learners are hands-on. Rather than watching a demo or listening to directions, physical learners like to perform the task. Some careers that are well-suited for physical learners include: physical education or working in the entertainment industry as singers or actors.

5. Logical

Logical learners have a mathematical brain. They can recognize patterns easily and connect concepts. To understand ideas, they prefer to group them into categories. Logical learners are most often found in math-related professions, like accounting, bookkeeping, computer science, or research.

6. Social

Social learners are known as interpersonal learners. They can communicate well both verbally and non-verbally. Social learners have a distinctive sensitivity and an empathetic nature. This is why they often work in social fields that help others, like counseling, coaching, or teaching.

7. Solitary

Intrapersonal learners like their solitude. When you think of this type of learner, you can imagine an author or researcher who spends a lot of time with their own thoughts and works best with the least distractions.

Summary of the 7 Learning Styles

As you can see from learning about these styles, you may find yourself fitting into more than one of the above. As mentioned, most people do align as visual or auditory learners, but there are certain situations in which one learning style can help maximize the ability to process new information.