

Learning Preferences

Learning styles or preferences influence the way people process information, understand content, and solve problems. A direct correlation between learning styles and understanding content has been made to support the use of various approaches to teaching and learning. In order to accommodate this it is important for programs to allow for different ways of learning.

Individuals may find that they have a preferred or dominant style of learning but can use a mix of learning styles depending on the circumstances. While there are various studies that include multiple learning styles, the three common learning styles include:

Visual Learners prefer using images, pictures, colours, graphs, diagrams, and maps to organize information. Learners visualize words and phrases. They may have a good sense of direction and easily use maps. This learner enjoys colour coding and organizing information to make sense of content.

Auditory Learners prefer lectures, group discussion, oral readings, or podcasts for learning. Knowledge may be acquired by reading aloud and they may memorize concepts by talking out loud to themselves. These learners do well in group study situations.

Tactile and Kinesthetic Learners prefer learning situations when information is conveyed in practical settings. They respond well to touching and creating things. Holding and manipulating the subject matter is preferable to viewing an image of it. The tactile learner will benefit from learning in short blocks of time, role playing, and using memory games. This learner will also benefit from group learning exercises.

(Saskatchewan Literacy Network. *The Circle of Learning*. 2016)



“Research shows us that each learning style uses different parts of the brain. By involving more of the brain during learning, we remember more of what we learn.”

Retrieved from www.learning-styles-online.com



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