

# The 7 types of learning

## Visual (Spatial)

You prefer using pictures, images, and spatial understanding.

- Use images, pictures, colour and other visual media to help you learn
- Use colour, layout, and spatial organisation in your associations, and use many 'visual words' in your assertions
- Use your mind maps
- Replace words with pictures, and use colour to highlight major and minor links



<i>Characteristics</i>	<i>Learning Tips</i>
<p><b>1 Sees to learn</b></p> <p>You learn by seeing things. You like to take in information by reading and/or through diagrams and pictures.</p>	<p><b>1 Watch</b></p> <p>You will take in spoken information better if it is accompanied with visual aids. Video is a great learning tool for you.</p>
<p><b>2 Likes images</b></p> <p>You prefer to see rather than listen. Colour, diagrams and pictures help you stay interested.</p>	<p><b>2 Visualise</b></p> <p>Try to visualise things that you hear. This will help you remember them better.</p>
<p><b>3 Takes notes</b></p> <p>You usually take detailed notes in lectures, tutorials and meetings.</p>	<p><b>3 Write it down</b></p> <p>Write down key words, ideas or instructions, particularly if they are only being given orally.</p>
<p><b>4 Looks around</b></p> <p>You tend to start looking around for something to watch or look at when you lose interest.</p>	<p><b>4 Draw</b></p> <p>Consider using drawings, mind maps and flow charts to help explain and remember new concepts.</p>
<p><b>5 Struggles with ...</b></p> <p>You can find spoken directions hard to remember and you are easily distracted by noise.</p>	<p><b>5 Colour</b></p> <p>Use colour. Colour code, highlight, circle and underline words in your notes.</p>

## Aural (Auditory-Musical)

You prefer using sound and music.

- Use sound, rhyme, and music in your learning
- Use sound recordings to provide a background and help you get into visualisations
- When creating mnemonics or acrostics, make the most of rhythm and rhyme, or set them to a jingle or part of a song
- If you have some particular music or song that makes you want to 'take on the world', play it back and anchor your emotions and state



### *Characteristics*

- 1 Hears to learn**  
You learn by actively hearing and listening. You are likely to be good at remembering conversations and the words to songs.
- 2 Likes listening**  
You prefer to listen to instructions rather than read them and you may not take notes. You like music.
- 3 Good talker**  
You are likely to be good at talking slowly and explaining things to people. You may be good at presenting.
- 4 Chatterbox**  
You tend to start chatting when you lose interest in what's being taught and may have been told off for talking at school.
- 5 Struggles with ...**  
You get very distracted by noise and may read slowly. You may find complicated diagrams difficult to interpret.

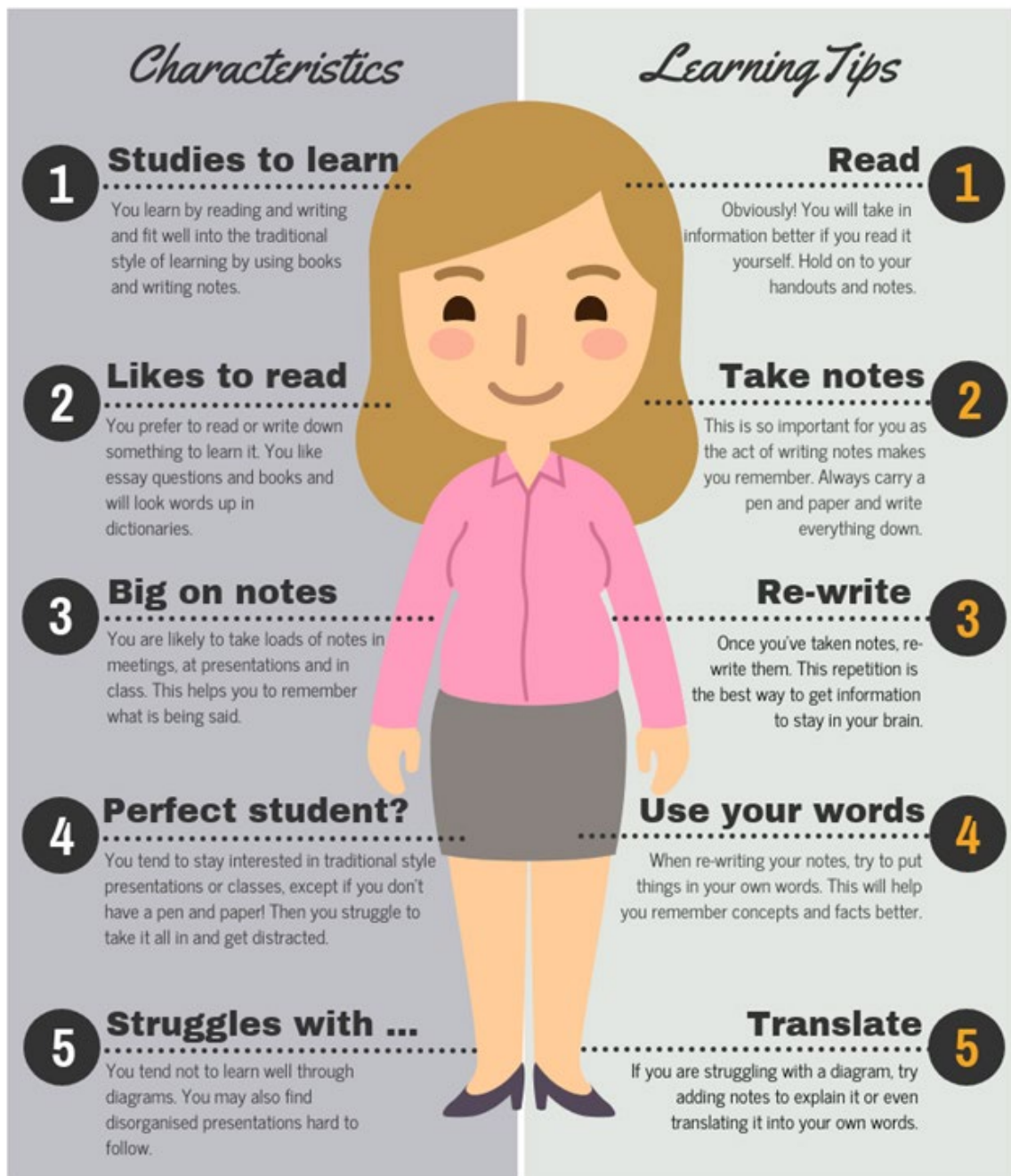
### *Learning Tips*

- 1 Watch**  
You will take in information better if it is accompanied with audio. Video is a great learning tool for you.
- 2 Say**  
Try reading out loud the information you want to take in.
- 3 Repeat**  
To remember facts, try repeating or chanting them with your eyes shut.
- 4 Discuss**  
Talking through new concepts and ideas with a group and attending Q&A sessions will be productive learning activities for you.
- 5 Avoid noise**  
If you are trying to learn, find somewhere that is quiet and away from other people.

## Verbal (Linguistic)

You prefer using words, both in speech and writing.

- Try the techniques that involve speaking and writing
- Make the most of the world-based techniques such as assertions and scripting
- Record your scripts using a tape or digital audio recorder, and use it later for reviews
- When you read content aloud, make it dramatic and varied
- Try working with others and using role-playing to learn verbal exchanges such as negotiations, sales or radio calls



### *Characteristics*

- 1 Studies to learn**  
You learn by reading and writing and fit well into the traditional style of learning by using books and writing notes.
- 2 Likes to read**  
You prefer to read or write down something to learn it. You like essay questions and books and will look words up in dictionaries.
- 3 Big on notes**  
You are likely to take loads of notes in meetings, at presentations and in class. This helps you to remember what is being said.
- 4 Perfect student?**  
You tend to stay interested in traditional style presentations or classes, except if you don't have a pen and paper! Then you struggle to take it all in and get distracted.
- 5 Struggles with ...**  
You tend not to learn well through diagrams. You may also find disorganised presentations hard to follow.

### *Learning Tips*

- 1 Read**  
Obviously! You will take in information better if you read it yourself. Hold on to your handouts and notes.
- 2 Take notes**  
This is so important for you as the act of writing notes makes you remember. Always carry a pen and paper and write everything down.
- 3 Re-write**  
Once you've taken notes, re-write them. This repetition is the best way to get information to stay in your brain.
- 4 Use your words**  
When re-writing your notes, try to put things in your own words. This will help you remember concepts and facts better.
- 5 Translate**  
If you are struggling with a diagram, try adding notes to explain it or even translating it into your own words.



## Physical (Kinesthetic)

You prefer using your body, hands and sense of touch.

- Focus on the sensations you would expect in each scenario
- For assertions and scripting, describe the physical feelings of your actions
- Use physical objects as much as possible
- Keep in mind as well that writing and drawing diagrams are physical activities
- Use role-playing, either singularly or with someone else, to practice skills and behaviours



### *Characteristics*

- 1 Moves to learn**  
Also known as a kinaesthetic learner, you learn by touching and doing. You favour physical movement and are probably good at sport.
- 2 Likes hands-on**  
You prefer to move, build, touch and draw, rather than listen or watch. You like to try something for yourself.
- 3 Does to remember**  
You remember things best when you have done them yourself, for example cooking a meal or fixing an engine.
- 4 Gets fidgety**  
You tend to start fidgeting when you've had to sit still for too long or when something is getting boring.
- 5 Struggles with ...**  
You may suffer from a short attention span and can find it difficult to sit still.

### *Learning Tips*

- 1 Examples**  
Training that uses examples and case studies to explain concepts will be easier for you remember.
- 2 Discuss**  
Try discussing what you have learned with someone. This can help you remember things better.
- 3 Get active**  
You will take information in better if it is accompanied with activity. Try active learning, like role plays and problem solving.
- 4 Move**  
Move while you study. Tap a pencil (if appropriate), squeeze a ball, shake a foot. This can help to keep you focused. Typing can also help reinforce learning.
- 5 Take breaks**  
Don't attempt marathon study sessions. You work better in short, frequent bursts. Do something physical in your breaks.

### **Solitary (Intrapersonal)**

You prefer to work alone and use self-study.

- You prefer to learn alone using self-study
- Align your goals and objectives with personal beliefs and values
- Create a personal interest in your topics
- When you associate and visualise, highlight what you would be thinking and feeling at the time
- You drive yourself by the way you see yourself internally
- Modelling is a powerful technique for you
- Be creative with role-playing
- Your thoughts have a large influence on your performance and often safety

### **Social (Interpersonal)**

You prefer to learn in groups or with other people

- Aim to work with others as much as possible
- Role-playing is a technique that works well with others, whether its one on one or with a group of people
- Work on some of your associations and visualisations with other people
- Try sharing key assertions with others
- Working in groups to practice behaviours or procedures will help you understand how to deal with variations

### **Logical (Mathematical)**

You prefer using logic, reasoning and systems.

- Aim to understand the reasons behind your context and skills
- Create and use by extracting key points from your material
- Remember association often works well when its illogical and irrational
- Highlight your ability to pick up systems and procedures easily
- Systems thinking helps you understand the bigger picture
- You may find it challenging to change existing behaviours or habits
- If you often focus from analysis paralysis, write 'Do it now' in big letters on some post-it notes