7 DIFFERENT TYPES OF LEARNING STYLES

When people identify the learning style that suits them best, they tend to stick with it. However, research has shown that the most effective study comes from blending different learning styles together.

VISUAL

Visual learners do well when they use symbols, boxes, charts and colours in their notes.
If you find that you learn better by reading and looking at pictures, diagrams and graphs etc. the chances are you're a visual learner.

VERBAL

Techniques used by verbal learners are reciting information out loud, writing your own notes and highlighting the key points. Having a passion for words, writing, tongue twisters, rhymes, may indicate that this learning style is for you.

AURAL

Aural learning involves using sound and music. Auditory learners develop understanding and memory by hearing and listening. If you find it easier to understand spoken instructions rather than reading, aural learning will benefit you.

PHYSICAL

Physical learning involves using your body and sense of touch to learn. Physical learners learn by doing, touching, moving, building, and are described as a 'hands-on'. If you find it difficult to sit still for long periods of time, chances are you're a physical learner.

LOGICAL

Logical learners often learn by asking a lot of questions. Logical learners want to understand the whole picture. They are natural thinkers who learn by classifying, categorising and thinking abstractly about patterns & relationships etc.

SOCIAL

Social learners prefer to learn in groups rather than on their own and like generating ideas by brainstorming with others. If you like taking part in group sports and prefer social activities than doing things on your own, you may be a social learner.

SOLITARY

Solitary learners tend to be more independent and introspective, spending a lot of time on their own, enjoying their own company.
If you enjoy spending time alone, keeping a journal and engaging in self-analysis to gain a deeper understanding of yourself, you may be a solitary learner.