

Discover Your Learning Style

by Becton Loveless

It can be really frustrating to sit in a classroom and not understand why you just don't get it. You know you're not dumb, but you just can't seem to make the information click. It can also be frustrating to be able to learn perfectly well from one teacher, but struggle to learn from another.

If you've experienced feelings like this, it likely all comes back to your learning style.

Each person has different learning preferences and styles that benefit them. Some may find they even have a dominant learning style.

Even if you've never heard the term "learning style" before, it's likely you already have an idea of what your learning style is. You probably know if it's hard for you to learn by listening, but if you get your body up and moving around, things click instantly. Or maybe you love listening to audiobooks, but nothing seems to make sense when you sit down to read a paper book. What you're describing when you talk about yourself in this way is your learning style.

Once you understand how and why you learn the way you do, your education can vastly improve. You can stop feeling dumb and getting frustrated, and you can start to advocate for yourself and your education.

By discovering and better understanding your own learning styles, you can employ techniques that will improve the rate and quality of your learning.

There has been a big push in education in recent years on how teachers can better meet the needs of the students, and a very effective way to do that is to learn about different learning styles. The more teachers understand their students and the way their brains work, the better they can be at helping them learn.

Understanding your learning style and that of those around you isn't only helpful in educational settings. It can also help you understand yourself and others in work, families, relationships, and other settings. If you're a parent, knowing the learning style of your child can be extremely beneficial as you

help them with their schoolwork and as you just relate to them in daily life. Maybe there actually is a valid reason they zone out every time you tell them what to do.

With so many studies on learning styles, there are a lot of theories about how many learning styles there are and what each one should be called. One of the most influential studies found three learning styles: visual, auditory, and kinesthetic. This was called the VAK model. Since that study, another dominant style has been identified as reading/writing, and the model was expanded to become VARK.

The VARK Model

The most widely accepted model of learning styles is called the VARK model, which stands for visual, aural/auditory, reading/writing, and kinesthetic. In brief:

- **Visual** (spacial) learners learn best by seeing
- **Auditory** (aural) learners learn best by hearing
- **Reading/writing** learners learn best by reading and writing
- **Kinesthetic** (physical) learners learn best by moving and doing

Modified from - <https://www.educationcorner.com/>

