


LEARNING STYLES

**KAHUKU HIGH SCHOOL
9TH GRADE ADVISORY**



WHAT IS A LEARNING STYLE & WHY DO I NEED TO KNOW WHAT MINE IS?

**UNDERSTANDING YOUR LEARNING STYLES
ARE BENEFICIAL FOR YOUR STUDIES, YOUR
CAREER, AND SAVE YOU TIME FROM
STUDYING THE WRONG WAY (A SMARTER
WAY TO STUDY)**

**MASTER YOUR SCHOOLWORK AND SUCCEED
IN LIFE**



*This video is an example of visual learning

THE THREE TYPES OF LEARNING STYLES

Style #1 - AUDITORY

If you are an auditory learner, you learn by hearing and listening.


You understand and remember things you have heard.

You store information by the way it sounds, and you have an easier time understanding spoken instructions than written ones.

You often learn by reading out loud because you have to hear it or speak it in order to know it.

EXAMPLES OF AUDITORY LEARNING STYLES

- You love music and often listen and remember the words you hear in lyrics
- You prefer listening to podcasts
- You like reading out loud
- You are easily distracted by background noises
- Music, video clips and conversations are your preferred way of learning
- You prefer spoken direction



STYLE #2 - VISUAL

IF YOU ARE A VISUAL LEARNER, YOU LEARN BY READING OR SEEING PICTURES. YOU UNDERSTAND AND REMEMBER THINGS BY SIGHT. YOU CAN PICTURE WHAT YOU ARE LEARNING IN YOUR HEAD, AND YOU LEARN BEST BY USING METHODS THAT ARE PRIMARILY VISUAL. YOU LIKE TO SEE WHAT YOU ARE LEARNING.

EXAMPLES OF VISUAL LEARNING STYLES

- Watching a video on a math or science formula
- Watching a movie on someone's biography in history
- You love picture books
- Colors and images stand out to you
- You enjoy art, drawing & painting
- Once you read a story, you can retell it down to the smallest detail
- You often say “show me” when trying to learn something new!
- You like creating drawings to help remember important facts
- You like to color code things

STYLE #3 - TACTILE

If you are a tactile learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands and with gestures, and you may have difficulty sitting still.

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EXAMPLES OF TACTILE LEARNING STYLES

- PARTICIPATING IN ACTIVITIES THAT INVOLVE TOUCHING, BUILDING, MOVING, OR DRAWING
- YOU PREFER DOING LOTS OF HANDS ON ACTIVITIES LIKE COMPLETING ART PROJECTS, TAKING WALKS, OR ACTING OUT STORIES
- YOU LIKE WORKING WITH QUIET MUSIC IN THE BACKGROUND
- YOU TEACH OTHERS WHAT YOU ARE LEARNING
- YOU FIDGET AND EAT SNACKS WHILE STUDYING

ACTIVITY & DISCUSSION

- Please visit <http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml> on your chromebooks and take the learning styles assessment (5-10 min.)
- When you are finished, please review your learning style on your own
- Take 10 seconds to participate in a class poll & share your response
- [PollEv.com/kellylee233](https://www.pollEv.com/kellylee233)
- **Discussion time: Share anything new that you may have learned. What stood out to you?**

Visual	Auditory
Prefers to use pictures, images, diagrams, and movies	Prefers music or auditory listening activities, lectures, and discussion
Reading & Writing	Kinesthetic
Prefers reading textbooks, taking and writing notes	Prefers hands-on activities, experiments, and manipulating objects and materials