## 5.9 Definition of Learning Styles Handout

**Visual Learners**
These individuals learn through seeing. These learners need to see the instructor's body language and facial expressions to fully understand the lesson's content. They generally prefer to sit at the front of the classroom to avoid visual obstructions or distractions. They may think in pictures and learn best from visual displays of diagrams, illustrated text books, overhead transparencies, videos, flipcharts and handouts. Often, they will take detailed notes to absorb the information. They may close their eyes to visual something. Visual learners find passive surroundings ideal. And, they will find something else to watch if they are bored.

**Auditory Learners**
These individuals learn through listening. They learn best through verbal lectures, discussions, talking and listening to what others have to say. Auditory learners interpret the underlying meanings of speech through listening to tone of voice, pitch, speed and other nuances. They often benefit from reading aloud and using a tape recorder. Auditory learners sit where they can hear but don't need to pay attention to what is happening in front of them. Also, they may not coordinate colors or clothes, but they can explain why they are wearing a particular outfit.

**Tactile/Kinesthetic Learners**
These individuals learn through moving, doing and touching. They learn best with a hands-on approach and actively explore the physical world around them. They may find it hard to sit still for long periods of time and may become distracted by their need for activity and exploration. During conference, they enjoy multiple, short breaks rather than fewer, longer breaks. These learners rely on what they can directly experience or perform and usually sit by the door or in the back so they can get up and move. Kinesthetic learners appreciate physical expressions of encouragement, such as a pat on the back.

Although we each have a preferred learning style, we can learn things presented in a style different from our preference if needed. We may even choose a different style if needed.