

LEARNING STYLES AND REVISION TECHNIQUES



ALL STUDENTS ARE CREATED EQUALLY (AND DIFFERENTLY).

What is a learning style?

Learning styles refer to a range of competing and contested theories that aim to account for differences in individuals' learning. These theories propose that all people can be classified according to their 'style' of learning, although the various theories present differing views on how the styles should be defined and categorised. A common concept is that individuals differ in how they learn.

Where do learning styles come from?

Your students' learning styles will be influenced by their genetic make-up, their previous learning experiences, their culture and the society they live in.

Students learn better and more quickly if the teaching methods used match their preferred learning styles. They can also make their revision techniques more effective by matching their learning style to the way they study outside of the classroom.

As learning improves, so too does self-esteem as the student starts to believe they can do it – and, hopefully, sees positive outcomes in improving grades. This has a further positive effect on learning.

What types of learning styles are there?

VISUAL - visual learning is a style in which a learner utilises graphs, charts, maps and diagrams. It is one of the three basic types of learning styles in the Fleming VAK/VARK model that also includes kinaesthetic learning and auditory learning.

Those who prefer a visual learning style...

- look at the teacher's face intently
- like looking at wall displays, books etc.
- often recognize words by sight
- use lists to organize their thoughts
- recall information by remembering how it was set out on a page

I'm a visual learner...

- I write down things I want to learn - that's how I remember them best.
- I sit at the front of the classroom so I can see my teacher's body language and facial expressions.
- I use diagrams, illustrated textbooks, videos, handouts and visual displays to aid my learning.
- I write detailed notes so I can absorb the information my teacher gives - sometimes I make sure I'm given extra time to do this.
- When I'm working at home, I study in a quiet place on my own
- I use bright highlighter pens or markers to draw attention to important areas in my notes or work.

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Revision strategies for visual learners ...

- Visually organise or reorganise notes using columns, categories, outline forms, etc.
- Create timelines, models, charts, grids, etc.
- Write/rewrite facts, formulas, notes on wall-hanging, poster for visual review at any time
- Facts, formulas, notes on index cards arranged/rearranged on wall, pin-board, floor
- Use colour-coded cards
- TV/video supplements important for understanding or remembering (e.g. BBC 'Bitesize')
- Recopy notes in colours
- Use highlighters

AUDITORY – Auditory learning is a learning style in which a person learns through listening. An auditory learner depends on listening and speaking as a main way of learning. Auditory learners must be able to hear what is being said in order to understand and may have difficulty with instructions that are drawn but if the writing is in a logical order it can be easier to understand. They also use their listening and repeating skills to sort through the information that is sent to them. They are good listeners when people speak.

Those who prefer an auditory learning style...

- like the teacher to provide verbal instructions
- like dialogues, discussions and plays
- solve problems by talking about them
- use rhythm and sound as memory aids

I'm an auditory learner...

- I read written information aloud or ask the teacher to do this. This helps me remember and understand it.
- I discuss topics with my friends both in and out of class. I like to talk things through and listen to what others have to say.
- I ask my teachers to use group and discussion work in class.
- I listen closely to my teachers when they are speaking.
- Sometimes I tape lessons so I can listen to them to help me revise

Revision strategies for Auditory Learners

- Need to discuss concepts/facts/aspects with friend immediately after new learning
- Frequently does homework with friend(s) via telephone - seems to understand better and retain more
- Records lesson or notes for re-listening later
- Must say facts/formulas/information over and over to retain
- Simultaneous talking/walking/studying
- Set information to rhyme, rhythm, or music to aid retention

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- Use mnemonics
- Remember where information came from (e.g. "who said that?")
- Use of different voices to study (like role play or self-questioning)
- TV/DVD/radio supplements useful for obtaining information
- Prefer to listen without taking notes
- Prefer group discussion and/or study groups
- Use of background music helps concentration

KINAESTHETIC – Kinaesthetic learning or tactile learning is a learning style in which learning takes place by the students carrying out physical activities, rather than listening to a lecture or watching demonstrations. As cited by Favre (2009), Dunn and Dunn define kinaesthetic learners as students who require whole-body movement to process new and difficult information.

Those who prefer a kinaesthetic learning style...

- learn best when they are involved or active
- find it difficult to sit still for long periods
- use movement as a memory aid
- those who prefer a tactile way of learning
- use writing and drawing as memory aids
- learn well in hands-on activities like projects and demonstrations

I'm a kinaesthetic learner...

- I take a hands-on approach to learning. I ask to see practical demonstrations of ideas.
- I make sure my teachers show me how things work.
- I volunteer to do demonstrations in class. This helps me to understand and remember an activity or idea.
- When studying at home, I don't sit at a desk. I like to learn in a relaxed position, lying on my back or stomach or moving around.
- I play music quietly in the background and take frequent study-breaks so I don't get tired.
- I remember lessons best if I walk around my room and say important words aloud.

Revision strategies for Kinaesthetic Learners

- Copy notes over and over, apparently to make them neat or organised
- Prefers to take notes during lesson as an aid to concentration
- Must take notes, even when detailed outline is distributed
- Doodles while studying
- Must move about when studying
- Alternates sitting still and moving during homework/studying
- Simultaneous talking-walking, talking-exercising study, or walking-reading study
- Sometimes does all of previous two in one study session
- Move hands or feet for rhythm emphasis while studying

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- Make charts, grids, timelines, diagrams (usually several times)
- Trace key words with finger, marker, hand
- Re-enact situations while studying
- Constructs things while studying (house of cards, blocks, etc.)
- Prefers learning by doing
- Frequently takes things apart, or "tinkers with things" for understanding

Useful Links to professional websites

<https://www2.le.ac.uk/departments/doctoralcollege/training/eresources/teaching/theories/honey-mumford>

<https://www.mindtools.com/mnemlsty.html>