

LEARNING STYLES:

SEVEN WAYS TO LEARN

Visual/Spatial

- All about information presented visually
- Graphs, charts, maps, and color-coding can help organize information in a person's mind

Auditory

- Learning through sounds
- Music, rhythms, and speech patterns help learners remember important information

Verbal/Linguistic

- Information transmitted through words (written or spoken)
- Reading and listening are common ways to learn, and many people find speaking to themselves a good way to organize information

Kinesthetic

- Using one's body to learn
- Working with your hands, especially taking things apart and putting them back together, can be a powerful way to learn

Logical/Mathematical

- Numbers and patterns are key for learning mathematically
- Systematic and organized thinking helps people sort through lots of information

Interpersonal

- Learning with others
- Working through problems with the input of others can help people gain insight and feedback

Intrapersonal

- Working on your own
- Thinking through problems alone can help people organize their thoughts and sort through their ideas