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## Learning Styles

There are seven types of learning styles. Understanding how you best learn will help you have the greatest success as you continue to develop yourself on both a professional and personal level. This can also help when you are planning to teach or train other people. It is not possible to meet every single learning style in one training session. However, including multiple learning styles within a training can reach more people.



## Visual Learners.

Visual learners learn best with, you probably guessed it, visuals. Including images, diagrams, charts, graphs, and presentations will help these learners retain more information and help them stay engaged.



### **Auditory/Aural Learners.**

Auditory learners learn best simply by listening to the presenter/teacher. They may ask clarifying questions, but they get the most from listening. They may also benefit from audio formats of presentations/lessons.



### **Reading & Writing Learners.**

Reading and writing learners learn best through words. Whether they are reading the information or writing, they learn through the words on the page or screen.



### **Kinesthetic/Tactile Learners.**

Kinesthetic learners learn best through doing or experiences. They often like to work with their hands. They do best when they are up and moving and doing tasks related to the lesson.



## **Logical/Analytical Learners.**

Logical learners rely on logic and often search for causes and patterns in the learning process. These learners like facts, statistics, sequential lists, and problem-solving tasks.



### **Social/Interpersonal Learners.**

Social learners prefer learning in groups. They get the most out of interacting with peers and socializing and working in groups to gain more understanding of topics.



### **Solitary/Intrapersonal Learners.**

Solitary learners prefer to learn and study alone. They are self-motivated and thrive by doing independent work.

### **Consider this...**

Now that you have an understanding of the different types of learners, consider what kind of learner you are and how that might determine the way you approach your learning experiences in the future. It is possible to be more than one time of learner, so keep that in mind. Always find ways to continue learning.

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"Never become so much of an expert that you stop gaining expertise. View life as a continuous learning experience."



## Reference

Storm, Althea. 2023. "The 7 Main Types of Learning Styles (And How To Teach To Them)." Thinkific. <https://www.thinkific.com/blog/learning-styles/>.