

JEZ LIGHT

LEARNING & DESIGN

What type of
learner are
you?



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Visual

Learn best from images, need to see to learn and might need to map out their thoughts.



These are some of the most common characteristics of visual learners:

- Have good spatial awareness and sense of direction
- Can easily visualise objects, plans, and outcomes
- Like colouring, drawing, and doodling
- Have good colour balance
- Are good at using maps and rarely get lost

You're a visual learner if you'd learn better by watching a movie clip of how a film adapts the literature it was based on, instead of listening to the book being read aloud.



Aural

Learn best from speech & sound, need to hear to learn and might need to talk out loud.



These are some of the most common characteristics of aural learners:

- Find that certain music invokes strong emotions
- Enjoy listening to music in the background while learning
- Have a good sense of pitch or rhythm
- Skilled at oral reports, speeches & presentations
- Able to work through complex problems by talking out loud

You're an aural learner if you would like a song or a rhyme that helps you remember the order of something.



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Verbal

Learn best from words they hear, like written and spoken word and might enjoy public speaking or journalism.



These are some of the most common characteristics of verbal learners:

- Tend to flourish in reading and writing activities
- Ask questions and have an excellent verbal expression
- Often gifted at learning new languages
- Have a large vocabulary and enjoys learning new words
- Dislike silence and enjoy participating in groups

You're a verbal learner if you need to read content out loud to learn something or prefer to have someone explain it to you so you can process it.



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Physical

Learn best from getting your hands dirty, need to 'do it' to learn and like going through the motions.



These are some of the most common characteristics of physical learners:

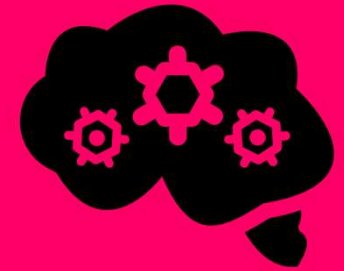
- Have high levels of energy
- Notice and appreciate the physical world around them, such as textures, sounds and smells
- Enjoy sports and exercise along with outdoor activities and working with their hands
- Have excellent motor memory (can duplicate something after doing it once)

You're a physical learner if you learn something when you do it. You draw out your own diagrams or maybe role-play to learn new information. You may also be constantly in motion and speak with your hands.



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Logical



Learn best from instructions, rules, process maps. Like to understand the reasons behind things. Tend to enjoy games like chess and doing brainteasers.

These are some of the most common characteristics of logical learners:

- Classify and group information together to better understand it
- Perform complex calculations
- Create procedures for future use, after coming up with a solution to a problem
- Plan agendas and itineraries and even rank and number them
- Find a statistical study more appealing than analysing literature or keeping a journal

You're a logical learner if you learn something when you understand the bigger picture, the logic, reasoning, and systems behind the concepts.



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Social

Learn best from direct involvement with others, in group projects. They're stimulated by talking and may seek out feedback from instructors.



These are some of the most common characteristics of social learners:

- Prefer to socialise in learning, may want to join or form a study group outside of the learning event. Like social tools to help them learn
- Enjoy group activities
- Bounce ideas off of others and work through issues in a group
- Listen well and are good at resolving conflicts
- Are often trusted by others for their advice

You're a social learner if you prefer to work with other people and find you learn best in groups or with social tools.



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Solitary

Learn best on their own. They're self-motivated and highly independent. Prefer a quiet environment to learn.



These are some of the most common characteristics of solitary learners:

- Spend time on self-analysis
- Can sometimes struggle in large crowds and noisy rooms
- Excellent self-management skills
- May journal, write, and record personal thoughts and events as a way to improve
- Like to set goals and make plans

You're a solitary learner if you'd prefer to sit alone and study by yourself in order to best retain information.



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Interested in applying
these learning styles
into your materials?

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