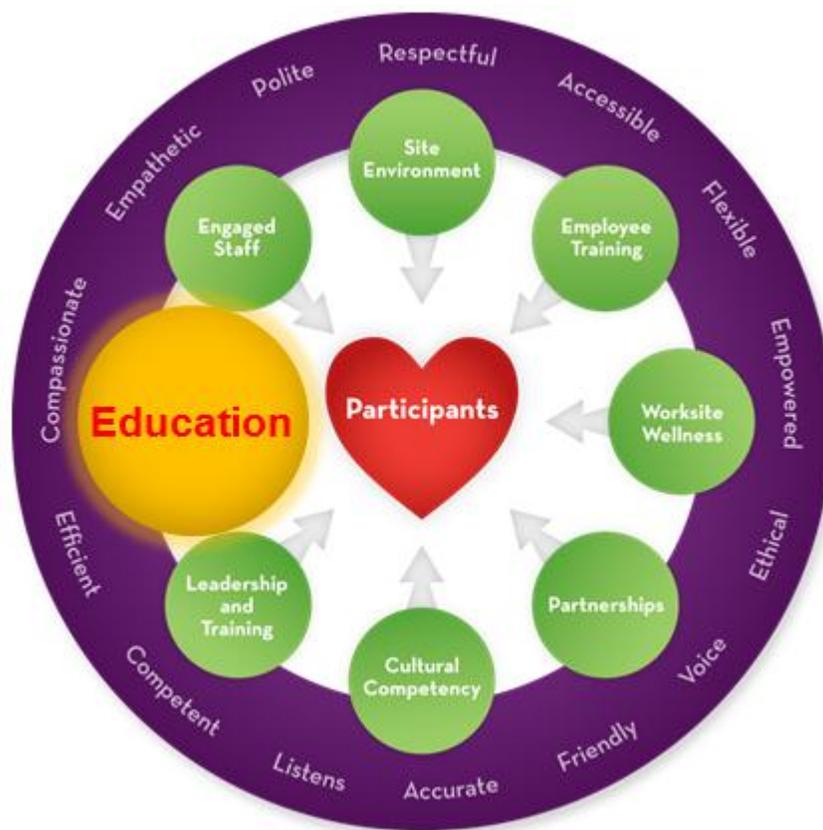


Learning Styles

Participant Centered Education

Trainee Workbook



Activity 1

What is Your Learning Style?

Visual learners are those who learn through **seeing** things.

A visual learner:

- Is good at spelling but forgets names.
- Needs quiet study time.
- Has to think awhile before understanding a lecture.
- Is good at spelling.
- Likes colors and fashion.
- Dreams in color.
- Understands and likes charts.
- Is good with sign language.

Auditory learners are those who learn through **hearing** things.

An auditory learner:

- Likes to read to self out loud.
- Is good at explaining.
- Remembers names.
- Notices sound effects in movies.
- Enjoys music.
- Is good at grammar and foreign language.
- Reads slowly.
- Follows spoken directions well.
- Can't keep quiet for long periods.
- Enjoys acting and being on stage.
- Is good in study groups.

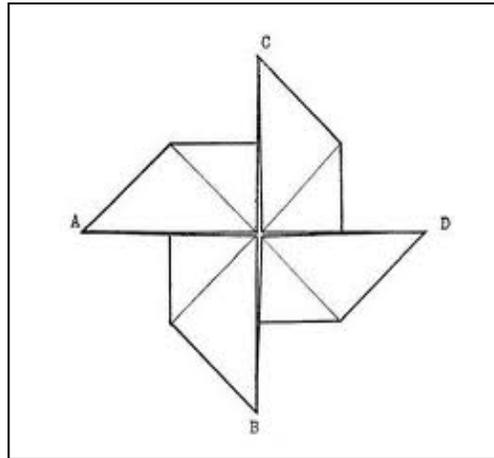
Kinesthetic learners are those who learn through **doing** things.

A kinesthetic learner:

- Is good at sports.
- Can't sit still for long.
- Is not great at spelling.
- Does not have great handwriting.
- Studies with loud music on.
- Likes adventure books and movies.
- Likes role playing.
- Takes breaks when studying.
- Builds models.
- Is involved in martial arts or dance.
- Is fidgety during lectures.

Activity 2

Origami Pinwheel



Activity 3

Using the Three Learning Styles

Scenario: A participant says she wants to get back into shape now that her baby is born. She would like to learn a few new exercises for strengthening her legs. You have some exercises that you can teach her.

1. How could you teach the exercises using the **auditory** (hearing) learning style?

2. How could you teach the exercises using the **visual** (seeing) learning style?

3. How could you teach the exercises using the **kinesthetic** (doing) learning style?

Activity 3a

Research has found that as learners we remember:

20% of what we hear

40% of what we see and hear

80% of what we see, hear, and do

"Tell me and I'll forget; show me and I may remember; involve me and I'll understand." -- *Chinese saying*