



LEARNING STYLES

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Definition of Learning Styles

- ▶ Learning style /cognitive style /sensory preference / personality types
- ▶ **LEARNING STYLES** - “the complex manner in which, and conditions under which, learners most effectively perceive, process, store, and recall what they are attempting to learn”
- ▶ **COGNITIVE STYLES** - “an individuals’ natural, habitual, and preferred way (s) of absorbing, processing and retaining new information and skills”
- ▶ **Mortimore, 2003 - what is the distinction?**
 - ▶ learning styles are seen more in terms of the **strategies** that learners use to deal with learning, and are considered to be less stable
 - ▶ cognitive styles are relatively stable and seen more from the prospective of the **learners**
 - ▶ It is to be noted that the distinction between cognitive and learning style is not crystal clear as some authors employ cognitive style as a more general term that includes learning styles

Development of Learning Style theories - A historical overview

- ▶ Theory of learning styles began to develop around the 1970s
- 1. Herrmann Brain Dominance Model (Whole Brain Model) (1972)
- 2. Grasha and Reichmann Learning Style (1974)
- 3. Schmeck, Ribich, and Ramanaiah Learning Styles (1977)
- 4. Dunn and Dunn Learning Style (1978)
- 5. NASSP Model of Learning Styles (1980)
- 6. Honey and Mumford Learning Style (1982)
- 7. Gardner's Theory of Multiple Intelligences (1983)
- 8. Kolb Learning Styles (1984)
- 9. Gregorc Learning Style (1984)
- 10. McCarthy Learning Styles (1987)
- 11. Stacy Mantle - The Seven Learning Styles
- 12. Fleming's VAK Learning Style (1992)

Stacy Mantle - The Seven Learning Styles

- ▶ Linguistic: Plays with Words
- ▶ Logical: Plays with Questions
- ▶ Spatial: Plays with Pictures
- ▶ Musical: Plays with Sounds
- ▶ Bodily: Plays with Moving
- ▶ Interpersonal: Plays with Socializing
- ▶ Intrapersonal: Plays Alone

Fleming's VAK Learning Style (1992)



Visual
See it

Visual learners prefer to think in pictures and obtain information through visual means such as diagrams and videos.



Auditory
Hear it, Say it

Auditory learners gain information through aural channels such as verbal discussions and listening to others speech. These learners understand meaning by concentrating on the pitch, tone and speed of voice. They benefit from reading text out loud and they may not make use of written information



Kinesthetic
Do it

Kinesthetic or tactile learners: they like movement and work with touchable objects. They enjoy regular breaks and move around the room

<https://www.proprofs.com/quiz-school/personality/quizshow.php?title=vak-quiz-visual-auditory-kinesthetic&q=1>