



# Education Articles & Blogs

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Posted by  
STAFFORD GLOBAL

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EDUCATION ARTICLES & BLOGS

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While widely accepted, there continues to be much debate about Learning Styles in the field of education. Is it better to teach using a variety of Learning Styles or is it better to use the one best suited to the content or the individual? Despite our improved understanding of psychology and neural physiology since the theory's inception, a consensus remains unlikely. While multiple styles, models and frameworks exist, this article will only focus on the three primary ones.<sup>1</sup>

## What is a Learning Style?

A Learning Style is an individual's preferred, most effective method of absorbing new information and learning new skills. It is also referred to as Thinking Styles, Cognitive Styles or Learning Modalities. Learning Styles can be fluid, changing depending on the task to be accomplished. It is not a measure of someone's ability or intelligence, but rather a preference for one mode over another.<sup>2</sup>

Advocates of this notion believe that the *individual* should be taught in the style that best suits them, regardless of content. The opposing view is that the *content* should be taught in the style that best suits it, regardless of the individual.<sup>3</sup>

The pioneer of this concept, Robert Sternberg, also interestingly theorises that governments are a reflection of how people think; [Theory of Mental Self-](#)

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### esthetic

vement or by tactile (touch) memory. Individuals style often appear restless or fidgety due to their ample of this is someone who taps their foot s when talking.



- Experiments and Labs
- Gamification
- Field trips
- Role-playing or Scenarios
- Problem-solving; case studies, simulations

## Learning Style# 2: Visual

Visual learners need to 'see' what is being taught instead of being 'talked at'. Often reticent, they shy away from active participation, preferring to observe group discussions or projects. Most commonly associated with the concept known as 'photographic memory', they are adept at memorising diagrams, charts and images, tending to 'visualise' even abstract concepts in order to understand it.

Visual learners are inclined to day-dream, with their mind wandering during conversations. Recommend teaching techniques would be;

- Flash cards
- Colour coding information
- Encouraging highlighting of key points in texts
- Using diagrams, photographs, charts, maps etc.
- Having them write down notes during lectures
- Using acronyms, mnemonics or mind maps

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of listening. Often outgoing, these learners revel and silences. Easily distracted, it is difficult to hold participating in the lecture or discussion. tudy while listening to music.

f background noise and while this may be us and concentrate. Recommend teaching



- Videos or podcasts
- Having them read aloud
- Using songs, rhymes or poems
- Group discussions or debates
- Teaching concepts using rhythmic sounds
- Using word associations or aural word games

**Want to identify your own Learning Style? Take a self-assessment [quiz](#) to find out.**

Professionals interested in a teaching or education career should consider studying a [PGCE](#), [Masters in Education](#) or another [Teaching & Education course](#). To discuss your options, contact a [Higher Education Consultant](#).

## References

1. [Pashler, Harold; McDonald, Mark; Rohrer, Doug; Bjork, Robert \(2009\)](#). "Learning Styles: Concepts and Evidence" (PDF). *Psychological Science in the Public Interest*. 9 (3): 105–19.
2. [Sarvenaz Hatami](#), Learning styles, *ELT Journal*, Volume 67, Issue 4, October 2013, Pages 488–490
3. [Daniel Willingham](#), Do Visual, Auditory, and Kinesthetic Learners Need Visual, Auditory, and Kinesthetic Instruction?

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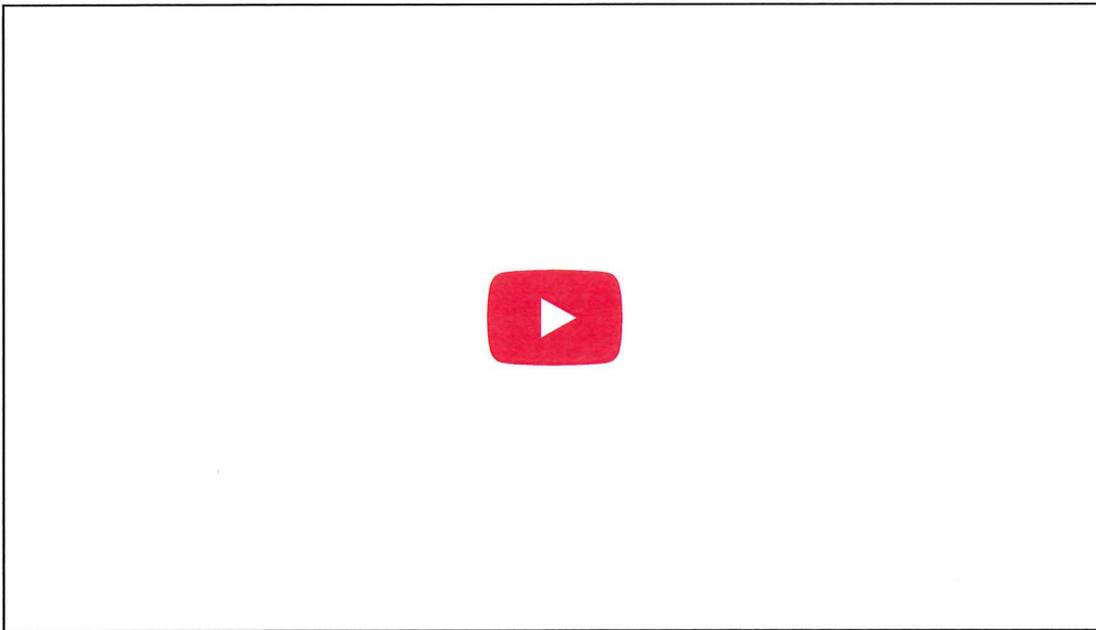
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