

# Learning styles and Multiple Intelligences

## What are learning styles?

Learning styles are simply different approaches or ways of learning.

## What are the types of learning styles?

### **Visual Learners:**

*learn through seeing...*

These learners need to see the teacher's body language and facial expression to fully understand the content of a lesson. They tend to prefer sitting at the front of the classroom to avoid visual obstructions (e.g. people's heads). They may think in pictures and learn best from visual displays including: diagrams, illustrated text books, overhead transparencies, videos, flipcharts and hand-outs. During a lecture or classroom discussion, visual learners often prefer to take detailed notes to absorb the information.

### **Auditory Learners:**

*learn through listening...*

They learn best through verbal lectures, discussions, talking things through and listening to what others have to say. Auditory learners interpret the underlying meanings of speech through listening to tone of voice, pitch, speed and other nuances. Written information may have little meaning until it is heard. These learners often benefit from reading text aloud and using a tape recorder.

### **Tactile/Kinesthetic Learners:**

*learn through , moving, doing and touching...*



Tactile/Kinesthetic persons learn best through a hands-on approach, actively exploring the physical world around them. They may find it hard to sit still for long periods and may become distracted by their need for activity and exploration.

# Multiple Intelligence Explained

## What is Multiple Intelligence?

Conceived by Howard Gardner, Multiple Intelligences are seven different ways to demonstrate intellectual ability.

## What are the types of Multiple Intelligence?

### 1. Visual/Spatial Intelligence

**ability to perceive the visual.** These learners tend to think in pictures and need to create vivid mental images to retain information. They enjoy looking at maps, charts, pictures, videos, and movies.

#### **Their skills include:**

puzzle building, reading, writing, understanding charts and graphs, a good sense of direction, sketching, painting, creating visual metaphors and analogies (perhaps through the visual arts), manipulating images, constructing, fixing, designing practical objects, interpreting visual images.

#### **Possible career interests:**

navigators, sculptors, visual artists, inventors, architects, interior designers, mechanics, engineers

### 2. Verbal/Linguistic Intelligence

**ability to use words and language.** These learners have highly developed auditory skills and are generally elegant speakers. They think in words rather than pictures.

#### **Their skills include:**

listening, speaking, writing, story telling, explaining, teaching, using humor, understanding the syntax and meaning of words, remembering information, convincing someone of their point of view, analyzing language usage.

#### **Possible career interests:**

Poet, journalist, writer, teacher, lawyer, politician, translator

### 3. Logical/Mathematical Intelligence

**ability to use reason, logic and numbers.** These learners think conceptually in logical and numerical patterns making connections between pieces of information. Always curious about the world around them, these learner ask lots of questions and like to do experiments.

**Their skills include:**

problem solving, classifying and categorizing information, working with abstract concepts to figure out the relationship of each to the other, handling long chains of reason to make local progressions, doing controlled experiments, questioning and wondering about natural events, performing complex mathematical calculations, working with geometric shapes

**Possible career paths:**

Scientists, engineers, computer programmers, researchers, accountants, mathematicians

### 4. Bodily/Kinesthetic Intelligence

**ability to control body movements and handle objects skillfully.** These learners express themselves through movement. They have a good sense of balance and eye-hand co-ordination. (e.g. ball play, balancing beams). Through interacting with the space around them, they are able to remember and process information.

**Their skills include:**

dancing, physical co-ordination, sports, hands on experimentation, using body language, crafts, acting, miming, using their hands to create or build, expressing emotions through the body

**Possible career paths:**

Athletes, physical education teachers, dancers, actors, firefighters, artisans

## 5. Musical/Rhythmic Intelligence

**ability to produce and appreciate music.** These musically inclined learners think in sounds, rhythms and patterns. They immediately respond to music either appreciating or criticizing what they hear. Many of these learners are extremely sensitive to environmental sounds (e.g. crickets, bells, dripping taps).

**Their skills include:**

singing, whistling, playing musical instruments, recognizing tonal patterns, composing music, remembering melodies, understanding the structure and rhythm of music

**Possible career paths:**

musician, disc jockey, singer, composer

## 6. Interpersonal Intelligence

**ability to relate and understand others.** These learners try to see things from other people's point of view in order to understand how they think and feel. They often have an uncanny ability to sense feelings, intentions and motivations. They are great organizers, although they sometimes resort to manipulation. Generally they try to maintain peace in group settings and encourage co-operation. They use both verbal (e.g. speaking) and non-verbal language (e.g. eye contact, body language) to open communication channels with others.

**Their skills include:**

seeing things from other perspectives (dual-perspective), listening, using empathy, understanding other people's moods and feelings, counseling, co-operating with groups, noticing people's moods, motivations and intentions, communicating both verbally and non-verbally, building trust, peaceful conflict resolution, establishing positive relations with other people.

**Possible Career Paths:**

Counselor, salesperson, politician, business person

## 7. Intrapersonal Intelligence

**ability to self-reflect and be aware of one's inner state of being.** These learners try to understand their inner feelings, dreams, relationships with others, and strengths and weaknesses.

### **Their Skills include:**

Recognizing their own strengths and weaknesses, reflecting and analyzing themselves, awareness of their inner feelings, desires and dreams, evaluating their thinking patterns, reasoning with themselves, understanding their role in relationship to others

### **Possible Career Paths:**

Researchers, theorists, philosophers

## WHAT'S YOUR LEARNING STYLE?

Everybody has a preferred learning style. Knowing and understanding our learning style helps us to learn more effectively. This is particularly true for LD/AD(H)D people because of their different ways of learning. Through identifying your learning style, you will be able to capitalize on your strengths and improve your self-advocacy skills.

### **Get Your Personalized Learning Report in 2 Minutes**

Whether you are in school or in the job market how you learn will determine how successful you will be. Most people don't know how they learn and don't realize they are limiting themselves.

But by taking our learning styles test, you will know where to improve or compensate for your learning style so that you can be a more effective learner.

Your personalized 5 page test results **is one of the most reliable learning styles test results on the internet. Over 250,000 people from 160 countries** have taken the test so you know the results are accurate.

**TYPE IN THE FOLLOWING ADDRESS TO TAKE YOUR ONLINE LEARNING STYLES INVENTORY**

**[http://www.ldpride.net/learning\\_style.html](http://www.ldpride.net/learning_style.html)**

# MAKING YOUR LEARNING STYLE WORK FOR YOU!

It is important to identify your learning style. Once you have figured out the way you learn, you will need to use specific strategies to fit into your way of learning. For example, if you are a visual learner, you could use a highlighter when reading a text book. The bright color would appeal to your artistic sense and help you concentrate on the reading.

## Here are some more practical suggestions pertaining to each learning style:

### Visual Learners:

- \* use visual materials such as pictures, charts, maps, graphs, etc.
- \* have a clear view of your teachers when they are speaking so you can see their body language and facial expression
- \* use colour to highlight important points in text
- \* take notes or ask your teacher to provide handouts
- \* illustrate your ideas as a picture or brainstorming bubble before writing them down
- \* write a story and illustrate it
- \* use multi-media (e.g. computers, videos, and filmstrips)
- \* study in a quiet place away from verbal disturbances
- \* read illustrated books
- \* visualize information as a picture to aid memorization

### Auditory Learners:

- \* participate in class discussions/debates
- \* make speeches and presentations
- \* use a tape recorder during lectures instead of taking notes
- \* read text out aloud
- \* create musical jingles to aid memorization
- \* create mnemonics to aid memorization
- \* discuss your ideas verbally
- \* dictate to someone while they write down your thoughts
- \* use verbal analogies, and story telling to demonstrate your point

## **Tactile/Kinesthetic Learners**

- \* take frequent study breaks
- \* move around to learn new things (e.g. read while on an exercise bike, mold a piece of clay to learn a new concept)
- \* work at a standing position
- \* chew gum while studying
- \* use bright colors to highlight reading material
- \* dress up your work space with posters
- \* if you wish, listen to music while you study
- \* skim through reading material to get a rough idea what it is about before settling down to read it in detail.