

7 LEARNING STYLES

The **7 styles of learning** presented below reflect the differences between human beings and their preferred ways of absorbing, understanding and retaining information. Recognizing your individual style and using suitable techniques and strategies can make your learning more effective and fun.



AUDITORY

You prefer using sound and music.

TIPS: read aloud, record your voice and listen to it, talk a lot.



INTERPERSONAL

You prefer to learn in groups or with other people.

TIPS: work in groups, share your thoughts with other people.



INTRAPERSONAL

You prefer to work on your own and use self-study.

TIPS: focus on your thoughts and feelings, keep a diary or blog.



KINESTHETIC

You prefer to use your body, hands and sense of touch.

TIPS: act, use real-life examples and role-playing, write and draw.



MATHEMATICAL

You prefer to use logic, reasoning and systems.

TIPS: try to recognize patterns, group information, use lists.



VERBAL

You prefer to use words in speech and writing.

TIPS: speak and write a lot, use word-based techniques.



VISUAL

You prefer using pictures and images.

TIPS: use graphs, charts, diagrams, symbols, highlight key words.

REMEMBER!

Human beings are complicated creatures and usually they fall into more than one category presented above. Try to use different techniques and strategies to develop your talents and activate both sides of the brain.