

# What Kind of Learner are You?

## **VISUAL:** Learn by seeing or reading

- Enjoys reading, watching television, going to the movies
- Would rather read than be read to
- Reveals emotions through facial expressions
- Plans ahead, likes to see overall big picture
- Good eye contact
- Good recall
- Prefers to be shown rather than told
- A good speller
- Gives directions by telling you what you will see along the way, may draw what you will see
- May appear to be staring at you but is really drawing a mental picture of what you are saying
- Takes notes and uses them
- Needs verbal directions written down
- Often says, "I SEE what you mean"
- Needs both to sit still and to move
- Looks up when searching for words
- Sits in the middle to see everything

## **AUDITORY:** Learns by listening

- Enjoys listening to music
- Remembers names
- Recalls facts
- Has big vocabulary
- Likes TV for the sound, usually prefers silence when trying to concentrate
- Gives verbal directions (go one block and turn left)
- Reveals emotions verbally through change in tone
- Responds better when hearing information than when reading it
- Talks out loud to help him/herself think
- Would rather tell it than write it
- Loves discussion
- Takes notes only if necessary
- Sometimes listens intently, stares straight at the speaker
- Will pause before responding, which can make the Vs and Ks crazy
- Can sit still for long periods
- Often says, " I HEAR what you're saying"
- Looks to the side when searching for words
- Sits up front to hear everything

# What Kind of Learner are You?

## **KINESTHETIC:** Learns by doing

- Likes experiencing “hands-on” activities
- Enjoys active pursuits such as hiking, dancing, biking
- Remembers things that happen
- Gives street directions by leading the way
- Will draw a map when giving directions but focuses more on what one can DO along the way
- Reveals emotions through body language
- Learns well by manipulating objects
- Feels whether something is right, relies a lot on gut feelings
- Finds it hard to sit still for more than a few minutes
- May do two other things while watching TV or talking on the phone
- Takes notes to be doing something, may never use them
- May tap pen or foot while listening
- Is sensitive to furniture, clothes, how it all feels
- Focuses as much on voice and body language of teacher as on content
- Often says, “ I sense what you mean”
- Looks down when searching for words
- Sits in the back to fidget or escape