



## What learning style are you?

I believe in a flexible approach to tutoring. By understanding a student's preferred learning style, I can adapt my teaching methods to suit their individual needs. This ensures I can help them learn more efficiently and retain information better. Leading to improved academic performance and increased confidence.

## A guide to Understanding your learning preferences

The VAK learning style model is a popular framework that categorizes learners into three primary styles: **visual**, **auditory**, and **kinesthetic**. By understanding your dominant learning style, you can optimize your study habits and improve your overall learning experience.

## The Three VAK Learning Styles

### 1. Visual Learners:

- **Characteristics:** Visual learners prefer information presented visually, such as diagrams, charts, graphs, and mind maps. They often remember information best when they can see it.
- **Study Tips:**
  - Use colourful highlighters and pens to mark important information.
  - Create mind maps to organize complex topics.
  - Watch videos or documentaries related to the subject matter.
  - Use flashcards with visual cues.

### 2. Auditory Learners:

- **Characteristics:** Auditory learners learn best by hearing information. They often benefit from lectures, discussions, and listening to audiobooks.
- **Study Tips:**
  - Record lectures and listen to them later.
  - Study with a friend and discuss the material out loud.
  - Use audio recordings of textbooks or lectures.



- Join study groups to participate in discussions.

### 3. Kinesthetic Learners:

- **Characteristics:** Kinesthetic learners learn best through hands-on experiences. They prefer activities that involve movement and physical activity.
- **Study Tips:**
  - Take notes by hand, rather than typing.
  - Use flashcards and practice problems.
  - Participate in role-playing exercises or simulations.
  - Study in short bursts with frequent breaks.

## How to Identify Your Dominant Learning Style

While most people are a combination of all three styles, one style often dominates. To identify your primary learning style, consider the following questions:

- Do you prefer reading or listening to the learning material?
- Do you remember information better by seeing it or hearing it?
- Do you like to take notes or doodle while listening?
- Do you prefer hands-on activities or theoretical discussions?

By understanding your learning style, you can tailor your study habits to maximize your learning potential. Experiment with different techniques and find what works best for you. Remember, there is no one-size-fits-all approach to learning.

If you are thinking you or your child may need support, whether with your studies or improving your learning technique, please do get in touch for a chat.