Learning Styles and Active Learning Strategies
Learning Styles: How do you learn best?
Take one of the following:

- **VAK Test**

- **Vak test**

- **VAK Learning Styles Self-Assessment Questionnaire**

> External links are provided for your benefit only and should not be construed as an endorsement by DeVry University.
What is your primary learning style?

- **Kinesthetic** - Use body and movement while learning
- **Auditory** - filter info through listening and repeating aloud
- **Visual** - think in images or pictures, process what’s heard or read and translate into images (Congos, 2012)

Which learner do you think conforms best to a “standard” classroom format?

Now that you know your preferred learning style how can you use this information to your benefit?
Kinesthetic

- Use your body while learning. You process information better while doing something physical.
- Study in question/answer format, talk aloud, move around
- Study with a partner, a tutor, or a study group
Kinesthetic (Continued)

- Stay active while you read- make notes in the margin, highlight, rewrite, etc.
- Keep study periods short, take frequent breaks
- Record your notes and listen to them while jogging, doing laundry, walking, cooking, etc.
You learn best through your ears! Emphasize your sense of hearing to learn ideas and concepts.

Sit at the front of the classroom and choose courses/professors that emphasize lecture.

Join discussion groups and study groups.
Recite material aloud, explain things to yourself, problem solve aloud

Tutor other students, hearing yourself will increase your knowledge

Describe pictures, graphs, diagrams aloud to yourself

Read important passages aloud, make notes in the margin
Emphasize the use of sight while studying

Pictures, graphs, handouts, charts are all good ways to learn

Incorporate color (highlighters) into your learning
As you study, turn words and concepts into visuals

Write questions, main ideas, and summaries in your notes

Read your text and visualize the information through pictures, maps, sketches, etc.

Study in a quiet place by yourself to concentrate on your visual images and understanding
Active Learning

- Be engaged in the learning process! Just reading or hearing the material is not enough!
  - Actively listen- you should be able to repeat what a presenter has said, take notes during lecture, jot down questions
  - Look at images and graphs to better understand material, write down key words, note visual cues such as color and organization
Be engaged in the learning process! Just reading or hearing the material is not enough!

- Utilize multimedia, online lectures, movies, etc.
- Create your own quizzes and study guides
- Make flash cards
- Explain something to yourself aloud or with a study partner
People Generally Remember:
- 10% of what they Read
- 20% of what they Hear
- 30% of what they See
- 50% of what they hear and see
- 70% of what they say and write
- 90% of what they do

People Are Able To: (Learning Outcomes)
- Define List
- Describe Explain
- Demonstrate Apply Practice
- Analyze Design Create Evaluate

Dale’s Cone of Experience

(Pastore, 2003).
References
