

Definition of vark learning style

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A learning style is the way us humans take in information, process, accumulate, and recall it. Students take in and process information in different ways: by seeing and hearing, reflecting and acting, reasoning logically and ostensibly, analyzing and visualizing, steadily and in fits and starts. VARK is commonly used learning style. It stands for visual, auditory, reading and writing, and kinesthetic learners. Summary of My Learning Style

A multimodal study strategy is a method used when you have more than one preference that is discrete.

It can also be when someone has no preferences to which study strategy they want to use. About 60% of the peoples study strategy is multimodal. Being multimodal means that you have multiple strong points in areas such as aural, reading, and writing. Those who are multimodal are context reserved which means they can choose a single mode to suit the situation. On the other hand, there are others who are not satisfied until they have had input in all of the preferred styles. They take an extensive period to gather information but often have an immersed and expansive understanding.

For example, when trying to figure out something that will be brought about physically later, learners that absorb information better hands on do better when trying out something for themselves. In addition, this visual factor aids students to reproduce information on a test better. Different Learning Styles

Visual learners gain information from maps such as diagrams, graphs, and charts. They learn things best through seeing them. Instead of using words, they need the information to be broke down into pieces so it is simply to comprehend.

They tend to highlight information in difference colors which makes it easier for them to go back and study. These learners need to see the teacher's body language and facial expression to fully comprehend the composition of a lesson. They favor to prefer sitting at the front of the classroom to avoid visual obstructions. A learner who consumes information from listening is an aural learner. In order for them to absorb information, they attend classes and discussions, discuss the topics with their peers, and can describe visuals to other people.

By listening, they are able to obtain information. Aural learners are not able to take good notes and they have to read what they have on paper aloud to someone else. They perform well on a test if they spend time alone recalling ideas and speaking answers out loud or inside their head. Most people can't understand what people say unless it's in their own words. Auditory learners explicate the underlying meanings of speech through listening to tone of voice, pitch, speed and other distinctions. Written information may have little meaning until it is heard.

Learners who learn by reading and writing have a preference for information being delivered as words. After reading information, they have to write it down so they are able to grasp the material. They take in information from places like handouts, textbooks, notes, and glossaries. Powerpoints are a device that helps them summarize the information. They read information in books and the internet and afterwards write the material they read into their own words. This helps them process and retain information longer than just reading or listening.

Kinesthetic learners use their senses to obtain material. Kinesthetic persons learn best through a hands-on approach, actively exploring the physical world around them. They find it hard to sit still for long periods and may become distracted by their need for activity and exploration. They take field trips, work with hands on activities, and use trial and error. They also need real life examples, applications and examples of principles. In order for them to learn the information, they need to remember the real life examples and pictures that were used.

Lecture notes don't really help them because they didn't understand the concrete information from the beginning because it wasn't relevant to them. They do better on tests if they have a role play for the information and practice problems that are similar to the information. Kinesthetic learners need a visual aid so the information can be drawn out for them into smaller pieces. They tend to draw out the message rather than reading it out loud or writing it. The phrase " picture is worth a thousand words" is true for people who fall in this category.

They need to see how everything is put together in order for them to gather the information. Comparison of Learning Styles The difference between all the learning strategies is the way you absorb information. Unlike reading, writing, and aural learners, kinesthetic learners have to visualize what they are being taught. Aural learners attain information by listening to lectures and discussions. Others can gain information by reading and writing the material. People like me are multimodal learners, meaning that we can't just stick one way of learning.

Conclusion Depending on the subject, I learn better reading and writing or an aural learner. Listening to information more than once helps me occupy the material better. I also have to take notes and read it aloud so I am able to grasp the material. This helps me learn the information faster and I perform well on tests. I would like to try gaining knowledge from visual aids and more hands on activities. My goal is to improve on my weaker areas which are visual learning style and practice strategies that will allow me to build up the weaker areas.