

Kinesthetic and linguistic learning styles



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It is an undeniable fact that every person is different in some way. As a result, everyone learns in a slightly different manner. Learning styles describe the ways in which people intake information most effectively. Academia has recognized several categories of learning styles with which most people can relate. Some people primarily learn by using one style of knowledge intake and others use more than one (“ Overview of learning styles,” 2007). There is not a specific style or combination of styles that is more beneficial overall, each person benefits from the styles differently. Also, people can develop their abilities in styles to which they may not be “ naturally” inclined. The understanding of these learning styles allows one to learn more efficiently and enables those who teach to develop ways to target specific styles.