

# [Effective methods of learning](https://assignbuster.com/effective-methods-of-learning/)

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The paper " Effective Methods of Learning" is a worthy example of an assignment on education. VARK can be defined as a tool whose purpose is to categorize one’s learning styles. It gives an overview pertaining to learning techniques which one might not know about him or herself (Losco et al., 2017). When assessing its significance, it is found that most learners who use it to determine their learning styles entirely at first do not know what their preferred styles. A student may have one or more learning styles (Silva, 2014). This paper discusses the outcome of VARK analysis of learning styles. Kinesthetic learning style is the most preferred learning style according to the scores of the VARK analysis. Kinesthetic style is where the learner processes the contents of a lesson best when there is physical engagement during the learning process (Wong, 2014). Therefore, the traditional lecture-based learning is not effective for kinesthetic learners. They are unable to make connections that they through listening without any physical exercise. Kinesthetic learners process information best when both their body and brain are engaged. Learning method embraced by this type of learners involves the engagement of the body to facilitate connection to what they are listening to in class. The strategies that best suits kinesthetic learners include the use of hands-on learning, getting out of the chair or standing up after a long duration of sitting, action-based learning, action-oriented games, and creative movements (Wong, 2014). Teachers can incorporate physical exercise that is relevant to what they are learning to keep learners active. Kinesthetic learning involves body movements when processing information. Action based activities are, therefore, an appropriate learning strategy for this category of students. By doing practical activities relevant to what they do or listen to, they engage their body and brain. Role-playing during storytelling sessions and attending field trips enable kinesthetic learners to experience abstract ideas in their life through examples and applications. Since long lectures make learners less attentive, engaging in outdoor activities in-between lessons or short breaks during a class are appropriate. It is clear that one’s learning styles will either affect those who are in a position negative or positive. Consequently, if the learning styles employed are visual or kinesthetic, the teacher should provide devices to back up his or her teaching. According to Bhagat, Vyas & Singh (2015), students who are aware of their learning styles can create a learning environment that best suits their needs. Awareness also enables learners to use appropriate strategies for achieving improved outcomes. Bhagat, Vyas & Singh (2015) indicate that learners should not be dependent on any single style. The awareness of the preferred style motivates kinesthetic learns to adapt to other learning styles. VARK should be embraced and aware of students because most of the students do not know exactly their learning styles. This will boost grades and ways of handling their studies and create attention which will raise one's morale. Besides, one has to set learning strategies which he or she must strictly follow and adhere to them for improvements. Also, the identified strategies should not be ignored for the sake of comparing. The reason is that they will boost what one has been doing. Finally, one should make sure his or her learning styles are not distracted in any way.