

Types of Learning Styles: An Overview

There are 7 types of learning styles group common ways that people learn. Every person, every child, will have a different mix of learning styles. Some children, may have one dominant learning style and use very little of others whilst others integrate different styles. Other children may change learning style depending on the situation. There is no right learning style or pattern. Additionally learning styles aren't fixed and can change with age.

A lot of people don't fit perfectly into one of 7 types of learning styles. Therefore, a "one-size fits all" approach will cause some students to underperform. This is why schools tend to use a range of activities in the classroom so that all types of learning styles are able to benefit. When supporting your child at home, you should provide them with resources and techniques, which match their own learning style.

7 Types of Learning Styles

Visual – Look and Learn

Visual learners prefer to use pictures, diagrams, and images and have good spatial understanding. Such learners tend to visualise information and will easily remember something that they have seen, this includes writings on a whiteboard as well as drawings.



Auditory/Aural– Hear and Learn

Aural learners enjoy listening to sounds and have a good sense of rhythm. Often, aural learners will speak out loud or read out loud to help them remember information. Aural learners ability to hear different sounds easily makes them good at music as well as foreign languages

Physical – Do and Learn

Physical learners like to use their hands, body and sense of touch when they are learning. Physical learners may be able to remember the details of an object or model they have held in their hands or been able to touch.

Visual, aural and physical are the 3 most widely recognised types of learning styles. However, there are 4 more that may better describe the learning style of your child.

Verbal – Learn with words

Verbal learners are those who use either spoken or written words to help them learn information. Such learners also tend to think about the meaning of words and prefer things to be written in an explanatory paragraph, rather than in a chart or diagram, which a visual learner might prefer.

Logical – Learn with systems

Logical learners tend to follow a rational approach and easily understand systems and sequences. Such learners thrive when they see how things link to each other and work together.

Social – Learn with others

Social learners may lack focus when they work alone but do well when they work in a group or with a partner. As group work causes children to develop good communication and listening skills, social learners can also be very engaged when simply listening to a person give a presentation.

Solitary Learners – Learn when alone

Solitary learners may struggle to work in a group but thrive when they work by themselves. Such learners may enjoy teaching themselves new skills or finding things out for themselves, rather than asking another person.

There is no right or wrong learning style. Children may not show all the traits of a dominant learning style and may seem to fit into multiple types of learning styles. Additionally, it is not better or worse for your child to have one dominant style than to have a mix of different types of learning styles. Nonetheless, it is useful to know how your child learns best.

Aural | Auditory Learning Style

Learning styles group common ways that people learn. Some children may have an auditory learning style. Auditory learning is not strictly related to being musical. Rather, it means that children learn best from listening to information.

How do I know if my child has an auditory learning style?

The best way to determine if your child has an auditory learning style is to observe how they prefer to do their



homework and to ask their teachers how they behave at school. Children with an auditory learning style:

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- Have a good sense of pitch and rhythm
- Like background noise
- Can easily identify different sounds
- Easily follow spoken instructions
- Like listening to someone explain things
- Enjoy discussion
- Enjoy reading aloud
- Tend to be very vocal in class
- May read more slowly
- Can remember past conversations in great detail

What are the strengths of auditory learners?

There are unique strengths to each of the seven learning styles. Children with an auditory learning style tend to be very good at learning grammar and foreign languages since they like to hear how things sound. Additionally, such children may enjoy oral reports and explaining things aloud to a group or another individual. Auditory learners often say things to themselves, which makes them very good at memorising poems, scripts and people's names.

How might auditory learners struggle?

Auditory learners love sound. However, there can be some areas that they may struggle in. For example, they may struggle to read silently or understand information when they do not read it out loud. Children with an auditory learning style may appear disruptive in class, as they don't like to keep quiet for long periods of time. As auditory learners prefer hearing information to seeing it, they may struggle to visual information and diagrams and they may struggle to write under timed or silent conditions.

What strategies can be used to help auditory learners do well?

Understanding how children with an auditory learning style like to learn can help you as a parent support them at home. Here are some suggestions:

- Use rhyming or rhythmic mnemonics
- Read aloud, record and play back notes
- Listen to podcasts
- Have a study group or study buddy
- Have your child explain the information to you, or to another child
- Repeat facts with their eyes closed, to avoid visual distractions
- Give them opportunities to ask questions or discuss what they've been taught
- Don't work with loud music as this is particularly distracting for aural learners



It is possible that your child does not only have an auditory learning style. They may use other learning styles too. Therefore, you could use a mixture of different techniques to cater for all the different ways that your child learns.

What types of career options might my child like?

Before children begin their GCSEs, they may be advised about future career options. Children with an auditory learning style may perform well in jobs with lots of sound. Therefore, they may like to be a musician, sound engineer, or radio DJ. However, as auditory learners tend to like to process information aloud they may also make good lawyers, translators, judges, speech pathologist, journalists, teachers or salesperson

Logical Learning Style

Children with a logical learning style thrive when they see how information is lined to each other. Having a logical learning style is different to having high logical intelligence. If a child has a logical learning style it means that they approach a task in a systematic or logical way. Having logical intelligence means being able to understand sequences and numbers. Although these are similar, they should not be confused. A person with logical intelligence could be a visual learner rather than a logical learner, for example.

How do I know if my child has a logical learning style?

There are some common traits that children with a logical learning style may have. These include:

- Likes patterns
- Likes maths and numbers

- Is very organised
- Plays strategy games
- Deep thinker – wonders how things work
- Enjoys science
- Asks for rational explanations
- Will choose to do a puzzle
- Will do things the same way each time



What are the strengths of a logical learning style?

As children with a logical learning style like things to be rational and make sense, they may develop good analysis and reasoning skills. Due to their learning style, logical learners may become very good at maths and science.

How might logical learners struggle?

Children with a logical learning style do not like activities that do not seem to follow strict rules all the time. This may cause them to struggle to participate in creative tasks, including writing. Additionally, logical learners may not like to learn foreign languages due to grammar rule exceptions.

What strategies can be used to help logical learners do well?

Those with a logical learning style tend to do best when they feel that the work they are doing has a reason and a logical purpose. It can be helpful to:

- Give your child an organized work space
- Break down larger tasks into smaller ones and explain how they are relevant to each other
- Give a reason for why they are learning something
- Have your child conduct their own research and experiments
- Open up discussions and opportunities to ask questions

Not all children learn in the same way and so a “one-size fits all” approach is unfair. This is also true for children within the same learning style. This is because not all logical learners will like the same methods. It may take some time for you and your child to discover what works best for them.

What types of career options might my child like?

Your child will choose their options for GCSEs towards the end of key stage 3. Many schools would advise choosing options that are relevant to a career path that your child may want to go down. Children may choose a career based what they learning style is and how they like to approach a task. Logical learners may like to become a detective, scientist, computer programmer, accountant, economist, pharmacist, doctor, dentist, auditory, bookkeeper or lawyer.



Physical | Kinaesthetic Learning Style

Learning styles group common ways that people learn. Children with a kinaesthetic learning style like to use their hands, body and sense of touch when they are learning.

How do I know if my child has a kinaesthetic learning style?

It may be a good idea to observe your child at home and see how they naturally tackle their homework. Additionally, you could ask your child's teachers about how they behave during class times. Traits of children with a kinaesthetic learning style include:

- Enjoying hands on activities
- Likes science projects
- Uses hand gestures when explaining things
- Likes sport
- Likes to feel things and make models
- May fidget or doodle when listening in class
- Enjoys dance and drama
- Remembers things that they do
- Chooses to read adventure books



What are the strengths of a kinaesthetic learning style?

Children with a kinaesthetic learning style like to make their body do different things as this helps them to remember information. This makes them very good at sport and dance. As kinaesthetic learners tend to feel things in their hands a lot, they may also be very good at construction.

How might kinaesthetic learners struggle?

Generally, if a child has a kinaesthetic learning style, they do not like to keep their body still. This makes prolonged tasks such as essays difficult for them. Additionally, children with a kinaesthetic learning style may not like visual or aural tasks. This may cause them to struggle with spelling and handwriting.

What strategies can be used to help kinaesthetic learners do well?

Understanding how children with a kinaesthetic learning style like to learn can help you as a parent to support them at home. Here are some suggestions:

- Use physical objects when explaining information
- Act out information or role play
- Make models to represent what has been learnt
- Relate information to your child's own feelings or experiences
- Have study breaks. In this time, they could do something physical like a quick run around outside
- Go on trips
- Have they do something whilst studying like squeeze a ball



Your child may not show all the traits of the kinaesthetic learning style, and this is completely normal. Therefore, they may not benefit from all of these study strategies.

It is important to remember that having a kinaesthetic learning style is different to having kinaesthetic intelligence. A kinaesthetic learning style refers to your child approaching a task by making use of physical things, including their bodies. Kinaesthetic intelligence refers to the mental ability to be aware of how the body works and understand how to make their body move in certain ways to get certain outcomes. Although similar, a kinaesthetic learner may not necessarily have kinaesthetic intelligence.

What types of career options might my child like?

Children may begin to think about their careers before they start their GCSEs. As children with a kinaesthetic learning style like to use their hands and their bodies, they may enjoy becoming a professional athlete, physical therapist, dancer, car mechanic, surgeon, PE teacher or computer games designer.

Social and Solitary / Interpersonal and Intrapersonal learning styles

Whilst appearing contradictory, it is possible for your child to be both an interpersonal and intrapersonal learner. Additionally, they may be one or the other. As learning style refers to how your child likes to approach a task, it is possible that your child may use a different learning style in different situations.

What's the difference between an interpersonal and intrapersonal learning style?

Interpersonal and intrapersonal learners can be hard to identify since often, children may show elements of both.

Interpersonal or social learners tend to:

- Communicate and listen well
- Like group work
- Like team sports
- Show empathy
- Have lots of friends
- Like group work
- Use lots of body language
- May have a strong personality
- Don't like being alone



Intrapersonal or solitary learners tend to:

- Self-reflect
- Like working independently
- Make plans
- Write in a diary
- Can be introverted
- Is self-motivated
- Like to be in control
- Prefers their own company
- Be a perfectionist
- Be quiet in class

What are the strengths for social or interpersonal learners?

Social or interpersonal learners like to engage with other people. There are lots of advantages for this. For example, your child may develop good leadership and problem solving skills. They may also develop become very good at reading body language.

What are the strengths for solitary or intrapersonal learners?

Intrapersonal learners enjoy their own company. This may lead your child to be very observant, focus for long periods of time and produce excellent work when they work independently.

Children who are interpersonal and intrapersonal learners, may enjoy the advantages of both of these learning styles.

In what areas might my child struggle?

Interpersonal and intrapersonal learners tend to struggle in conflicting areas.

Interpersonal learners may not work well independently and can be argumentative. Intrapersonal learners may not work well in a group and may not ask for help.

Children who are both interpersonal and intrapersonal learners, may struggle in these areas, depending on which method they have chosen to approach the task and the situation they are in. For example, a child may be an interpersonal learner at school. This means, in a classroom situation, they love working in a group but do not work well independently. However, at home they may be an intrapersonal learner. This means that they work excellently by themselves and may not ask for help from a parent.

What strategies can my child use?

There are different learning strategies for interpersonal and intrapersonal learners. However, some children may benefit from a combination of both methods.

Interpersonal / social learning methods:

- Study group or study buddy
- Role play
- Explaining information to another person
- Brainstorming
- Discussion
- Clubs or group activities

Intrapersonal / solitary learning methods:

- Have personal goals to reach
- Work at their own pace and in their own space
- Record what they have achieved in a diary
- Relate facts to their own feelings and experiences
- Learn for themselves – do their own research
- Create self-assessments
- Write summaries about what they've learnt



What types of career options might my child like?

Schools will begin to encourage children to think about future careers in key stage 3.

Interpersonal and intrapersonal learners may choose their GCSEs depending on whether they like to work with other people or work by themselves. However, there are many jobs that will provide the opportunity for both interpersonal and intrapersonal learners to perform well. These include sales, counselling, administration, psychology, nursing, writing, business, criminology and consultancy. This is because these jobs can be carried out in a team (interpersonal), alone (intrapersonal) or with an element of both (suitable for interpersonal and intrapersonal learners).

Verbal Learning Style

There are seven different learning styles. Children with a verbal learning style tend to use spoken or written words to help them to learn information.

How do I know if my child has a **verbal learning style**?

Children with a verbal learning style are similar to visual learners because they like to have words written down. However, they are also similar to auditory learners because they like to hear words spoken. The key traits of verbal learners are:

- Enjoy reading
- Enjoy writing
- Enjoy drama
- Think about the meaning of words
- Express self through words
- Write in a diary
- Prefer to work in a quiet environment
- Prefer words to diagrams
- Often ask “why”
- Link word puns, rhymes and tongue twisters

What are the strengths of verbal learners?

Children with a verbal learning style enjoy information when it is presented with a lot of words. As they enjoy listening to speech, they may develop good memories and be able to learn foreign languages easily. Children with a verbal learning style may also be very good at explaining information and tend to develop into very fast readers and good writers.

How might verbal learners struggle?

Although verbal learners have some similarities to visual learners, a key difference is that verbal learners may have poor spatial-navigation skills. This is because they do not like diagrams and drawings. Moreover, as verbal learners are sensitive to words, they may be easily distracted by music with lots of lyrics or other people talking when they are working.

Verbal learning style study tips

As verbal learners are very good with words, many of the traditional learning methods may suite them well. Those with a verbal learning style may benefit from:

- Writing notes or information in their own words
- Talking through and explaining ideas with another person
- Memorising phrases
- Reading notes aloud in different voices
- Using acronyms
- Using flashcards
- Re-reading notes and books several times
- Using the dictionary, internet or reference books for research
- Incorporating facts they need to remember in a made up story

As verbal learners like words to be written and spoken to them, they may also benefit from learning strategies used by visual or aural learners. It's a good idea to try out different methods with your child to figure out what works best for them.

What types of career options might my child like?

Towards the end of key stage 3, children will begin to choose their GCSEs. Around this time, schools often give career guidance in order to ensure that your child chooses suitable GCSEs for

they type of career that they wish to pursue. As children with a verbal learning style enjoy using words, they may like to become an actor, journalist, public speaker, author, editor, teacher, news correspondent, psychologist, lawyer or they may like to go into advertising.



Visual Learning Style

Learning styles group common ways that people learn. Some children may have a visual learning style. A visual learning style should not be confused with having visual-spatial intelligence. If you child has a visual learning style, it means that they approach a task based on what they can see. Visual-spatial intelligence refers to a mental ability, which allows individuals to understand graphs and images, not how tasks are tackled.

How do I know if my child has a visual learning style?

The best way to determine if your child has a visual learning style is to observe how they prefer to do their homework and to ask their teachers how they behave at school. Children with a visual learning style:

- Like to use pictures and diagrams
- Easily visualise information and processes
- Have good map reading skills
- Remember what they see, including images and words written on a whiteboard
- Prefer reading and writing to listening
- Sometimes tune out when trying to focus and need quiet study
- Good at spelling
- Usually sit near the front of the class so they can see the teacher and the board
- Notice small details
- Ask for things to be described so they can form a mental image

What are the strengths of visual learners?

All learning styles have strengths. Children with a visual learning style may tend to have a good sense of direction, due to excellent map reading skills. As visual learners like to see words written

down, they tend to be good at spelling and have excellent essay writing skills. Visualisation often requires concentration, therefore, children with a visual learning style may remain focused for long periods of time and they may keep their workspace tidy and organised in order to avoid visual distractions. Another strength of visual learners is that they are very good at remembering people's faces.

How might visual learners struggle?

It is important to remember that no learning style is better than another. There are areas in which all children will struggle. Children with a visual learning style may daydream, which means they aren't always paying attention. This can especially be the case with listening exercises, which don't provide any visual stimuli. Whilst visual learners are very good at remembering faces, they may easily forget people's names. Additionally, many visual learners can be very quiet and shy in class and therefore may not join in with class discussions.

What strategies can be used to help visual learners do well?

Knowing your child's strengths and weaknesses can help you to support them at home. There are lots of strategies that can be put in place to help visual learners to excel. Children with a visual learning style use visual information to help them learn and remember facts. Therefore when studying at home, they could:

- Make mind maps to organise information
- Write notes in different colours
- Replace words with drawings
- Use a wall planner
- Watch videos
- Use flashcards
- Highlight and underline notes in bright colours
- Draw diagrams
- Write timelines



Children with a visual learning style shouldn't be limited to these learning strategies however. This is because some children may use a mixture of different learning styles.

What types of career options might my child like?

When children enter key stage 3 (KS3), schools may begin to discuss future careers. This is often to help your child choose the right GCSEs. Many visual learners may go on to be artists,

filmmakers, architects, graphic designers and photographers. However, visual learners may also enjoy a career in physics, astronomy, engineering, surgery, CNC programming or they may like to become a pilot.