# **Learning Styles**

How a student prefers to learn (and how a learning coach prefers to teach) can have an effect on how easy (or difficult) a family's homeschooling journey is. If a student (or parent) is struggling with homeschooling, learning/teaching style may be a good place to start when trying to figure out how best to support the family through their struggle.

A student will find it easier to connect with what they are learning if the information is presented in a way that aligns with how their brain process information (their learning style). Conversely, learning coaches (and teachers) tend to naturally prefer a teaching approach that aligns with their own learning style. If the parent and the student have different learning styles and are unaware of it, then homeschooling may be be a struggle.

[Learning Styles Quiz](https://www.accreditedschoolsonline.org/resources/learning-styles/#Expert%20Advice%20on%20Learning%20Styles%20from%20an%20Education%20Professional)

# **Learning Styles (a.k.a. Learning Modalities)**

A learning style is the process (or processes) by which our brains find it easiest to process and retain new information; in other words, it is how we learn best. There are 7 different learning styles. When new information is delivered via our preferred learning method, it often feels more like participating in a fun challenge instead of simply "learning". People tend to have a couple of learning styles that they prefer. It is not uncommon for a student to prefer more that one learning style. Keep reading for an overview of the different styles.

## **Aural (Auditory)**

People who are aural learners process information most effectively when they hear it.

These learners:

* + learn best with their ear
	+ responds well to music, lectures, videos, and dialogs
	+ need to be able to talk through their learning struggles
	+ often enjoy repetition and recitations activities
	+ may struggle to learn if required to do so silently

## **Logical (Mathematical)**

People who are logical learners process information most effectively when they can make patterns and connect different ideas together.

These learners:

* + learn best in their heads
	+ usually have a systematic approach to learning and like to be organized
	+ respond well to goals, rules, and procedures
	+ tend to like to work with numbers
	+ do not respond well to busy work or work that is repetitious
	+ may struggle with creative writing

## **Physical (Kinesthetic)**

People who are physical learners process information most effectively when they can use their whole body.

These learners:

* + learn best through a hands-on approach
	+ need to move, touch, and manipulate what they are learning
	+ prefer to jump in and try things out; learning as they go
	+ retain more when they can involve their whole body in the learning process
	+ may struggle with traditional lessons that depend heavily on listening to lectures or reading texts

## **Social (Interpersonal)**

People who are social learners process information most effectively when they communicate with others.

These learners:

* + learn best with other people
	+ love working with others and prefer learning as part of a team
	+ may use verbal and non-verbal communications to learn
	+ are usually good at reading people and making friends
	+ may struggle to work alone

## **Solitary (Intrapersonal)**

People who are solitary learners process information most effectively when they are able to work independently.

These learners:

* + learn best on their own
	+ are usually self-motivated
	+ may prefer a quieter learning environment
	+ tend to be very independent and self-assured
	+ may struggle in group settings or loud environments

## **Verbal (Linguistic)**

People who are verbal learners process information most effectively when using words.

These learners:

* + learn best hearing words
	+ usually enjoy doing reading and writing activities
	+ may collect words and have a large vocabulary
	+ prefer games and activities that use words; such as Scrabble and word problems
	+ may struggle in silent and solitary learning environments

## **Visual (Spatial)**

People who are visual learners process information most effectively when they see it.

These learners:

* + learn best with their eyes
	+ tend to think in pictures and often are quick to see the big picture
	+ need materials that are colorful and full of symbols, images, and pictures
	+ tend to learn holistically (big picture all at once) and not sequentially (smaller pieces put together in order)
	+ may struggle with learning materials that depend heavily on reading or listening without visual aids

## **Additional Learning Style Resources**

If you want to know more, there are numerous learning style resources available online here are some links to get you started.

[Let's Homeschool High School](https://letshomeschoolhighschool.com/2013/11/04/seven-learning-styles-for-high-school/)

[Homeschooling Mom](https://homeschooling.mom/blog/the-ultimate-guide-to-learning-styles)

[Homeschool.com](https://www.homeschool.com/blog/2015/04/7-tips-for-homeschooling-different-learning-styles/)