

Learning Styles: An Overview

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Abstract

Learning styles *aim to know variations in individuals' learning. As per most of the theories, humans may be classified in line with their 'style' of learning.* The term "learning styles" speaks to the understanding that each student learns uniquely. Learning is a vital experience for individuals of all ages. Based on Howard Gardner's Theory of Multiple Intelligences, there are eight varieties of learning styles that everybody falls into which include visual, aural, verbal, physical, logical, social, solitary and naturalistic learning.

Learning style inventories are designed to assist respondents verify learning style they have. These inventories usually take the form of a questionnaire that focuses on how folks prefer to learn. Learning style inventories are based on the thought that individuals have completely different strengths and preferences when it involves learning. Learning style inventories remain a preferred classroom tool despite the actual fact that research has found very little proof that matching a student's learning preferences to instructional methods produces better educational outcomes. These are a few popular types of learning style inventories such as Kolb's Learning Style Inventory (LSI), Fleming's VARK Learning Style Questionnaire, Jackson's Learning Styles Profiler (LSP), Learning Style Quizzes.

In short, it is important to remember that there are a number of learning styles and learning style inventories. Each learning style has its own advantages and disadvantages. Knowing your learning style is not meant to limit you, instead to expand you – by helping you to learn, understand, work and live more efficiently.

Key words: Learning, Learning styles, Learning style Inventory, Learning style questionnaire, Learning Styles Profiler, Learning style quiz

Introduction

Learning styles discuss with variety of competitive and contested theories. These aim to know variations in individuals' learning . As per most of the theories, humans may be classified in line with their 'style' of learning, however these theories disagree in how the planned designs ought to be outlined, classified and assessed¹, . A standard belief is that people are often differentiated within the ways in which they learn .The idea of personalized learning designs became well-liked

within the Nineteen Seventies, and has greatly influenced education despite the criticism that the thought has been received from some researchers . Proponents advocate that academics need to run a needs analysis to assess the learning styles of their students and adapt their classroom strategies to best match every student's learning style .

Though there's ample proof that people express preferences for a way they like to receive information⁵, few studies have found any validity in utilizing learning designs in education³. Critics say that there's no sufficient proof that exploring an individual's learning style and using the same in teaching produces higher student outcomes⁵, . They usually consider this as a "neuromyth" in education², . There's proof of empirical and pedagogic issues associated with forcing learning tasks to "correspond to in a during a one-to-one fashion" . Studies contradict the widespread "meshing hypothesis"

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that a student can learn best if instructed in a technique deemed acceptable for the student’s learning style⁵. They additionally show that teachers cannot assess the learning styles of their students accurately .

DEFINITION

The term “learning styles” speaks to the understanding that each student learns uniquely. In other words, an individual’s learning style refers to the preferential manner within which the student absorbs, processes, comprehends and retains information .

TYPES

Learning is a vital experience for individuals of all ages. Analysis has shown that there’s variety of ways,

how individuals retain and process info. Whereas one literature review identified Seventy one completely different learning style models, we are going to be focusing on the Howard Gardner’s Theory of Multiple Intelligences. Based on this, there are eight varieties of learning styles that everybody falls into.

The more you recognize these completely different learning styles, the more ready you may be to assist yourself (or your children) learn a brand new ability, idea, language, or concept—no matter the study material.

Based on the Theory of Multiple Intelligences the eight types of learning styles are as follows:

TYPES OF LEARNING STYLES							
Visual (Spatial)	Aural (Auditory-Musical)	Verbal (Linguistic)	Physical (Kinesthetic)	Logical (Mathematical)	Social (Inter-personal)	Solitary (Intra-personal)	Naturalistic

1. Visual (Spatial) As the name suggests, visual learners are those who learn best after they have pictures to assist them process the information. This learning style requires the learners to 1st see what they’re expected to understand. They conjointly ought to project their thoughts so as to process them better. **One can be considered a visual learner if he** prefers pictures, images, and mind maps to help himself process information.

2. Aural (Auditory-Musical)

Aural learning is employed to classify those that respond primarily to sound and speech. Unsurprisingly, several musicians are aural learners. Aural learners typically bear in mind what their teacher says and promptly participate in school. These also are people who respond best to things like binaural beats

One can be considered **aural learner if he** prefers learning through rhythms or tend to use clever rhymes to remember something.

3. Verbal (Linguistic)

Verbal learners learn best through what they hear. Typically, they love written as well as spoken word, excelling in each. These learners typically come in speechmaking, writing, journalism, and debating.

One can be considered **verbal learner if he** needs to read out content loud to learn something or prefers to have someone explain it to him so that he can process it.

4. Physical (Kinesthetic)

If you’re somebody who likes getting their hands dirty, then you’re probably a physical learner. Physical learners are animated and they learn best by probing the motions of what they’re learning.

One can be considered **physical learner if he** doesn’t learn something until he does it himself. He needs to draw out his own diagrams to learn new information. He may also be constantly in motion and speak with his hands.

5. Logical (Mathematical)

Most logical thinkers find themselves being engineers, mathematicians, or following the sciences. They're the people who need to know the explanations behind and have a tendency to relish games like chess and doing brainteasers.

One can be considered **logical learner** if he learns something only when he understands the bigger picture, along with the logic, reasoning, and systems behind the concepts.

6. Social (Interpersonal)

As the name suggests, social learners are true individuals. They usually like direct involvement with others in group projects. They're excited by dialog and may seek out feedback from instructors. However, they'll not be comfortable to perform best once needed to work alone or on self-paced projects.

One can be considered **a social learner** if he prefers to work with other people and finds himself learn best in groups.

7. Solitary (Intrapersonal)

Solitary learners are people preferring to learn on their own. They're self-motivated and extremely independent. They favour a quiet surroundings each in their personal and academic lives.

One can be considered **a solitary learner** if he needs to sit alone and study by himself in order to retain information.

8. Naturalistic

In many ways like kinesthetic learners, a naturalistic learner is the most up-to-date addition to Gardner's theory. These people are a lot in tune with nature. They use components and patterns within the natural world to form products and solve issues.

One can be considered **a naturalistic learner** if he likes to explore nature and spend time outdoors, getting his hands dirty.

Learning Style Inventory

Learning style inventories are designed to

assist respondents verify learning style they have. These inventories usually take the form of a questionnaire that focuses on how students prefer to learn. Respondents select the answers that most closely fit their own preferences.

Learning style inventories are based on the thought that individuals have completely different strengths and preferences when it involves learning. Several theories exist suggesting that individuals are often classified based on their predominant learning 'style.' Most of these concepts propose that each individual learns differently and that designing instruction based on these learning styles will enhance the tutorial method.

This notion that individuals possess completely different learning styles 1st became a preferred thought during the Seventies¹². Since then, learning style theories have had an incredible impact on the field of education. Teachers use learning style inventories at the beginning of a session to understand more regarding learning styles of students and to assist them perceive how they learn in better way.

Uses of Learning Style Inventories

Learning style inventories are most widely used classroom tool despite the actual fact that research has found very little proof that matching a student's learning preferences to instructional methods produces better educational outcomes. Several studies have found that students taught according to their identified learning style do no better than students who aren't matched to their style.¹³

However, research has supported the concept that individuals have definite preferences for how they learn new information¹⁴. At best, learning style inventories could be a way for students to develop study habits that keep them interested and engaged within the learning process.

Students might find it helpful to discover their preferences and then use this info to hone their study routines. Visual learners, for instance, would possibly like making symbols, graphs, and alternative visual information while studying the material in question.

Popular Types of Learning Style Inventories

These are a few popular types of learning style inventories:

Kolb's Learning Style Inventory (LSI)

Perhaps one of the best-known and most generally used questionnaires is the Learning style Inventory (LSI) based on Kolb's learning styles¹⁵. The assessment allows students to identify their learning style and additionally provides information on how teachers can utilize this information to best serve students as well as possible strategies for accommodating different learning styles.

Fleming's VARK Learning Style Questionnaire

In Fleming's VARK learning style model, learners are identified as one of four totally different types: visual, auditory, reading/writing and kinesthetic. In 1992, he printed a questionnaire based on his model that was designed to assist individuals learn more about their own style¹⁶. The model and questionnaire quickly became extremely popular among students and educators, and both remain widely used nowadays.

Jackson's Learning Styles Profiler (LSP)

The Learning Styles Profiler (LSP) relies on Chris J. Jackson's hybrid model of learning and personality. Jackson's model suggests that learning styles are influenced by a range of factors, including experience, personal choice, and biology. The profiler is designed to assess how individuals learn at work, so it's usually utilized in organizational and business settings¹⁷.

Learning Style Quizzes

There are several free online quizzes accessible online, while these informal questionnaires are a fun way to gain a bit additional insight into how you prefer to learn, it's important to understand that most have never been studied or validated in any way. Taking such online quizzes are often a fun way to discover some of your own learning preferences, however try not to place an excessive amount of stock into your results¹⁸

Benefits of Knowing Learning Styles^{19,20}

Everyone is a unique learner. Nobody else learns in

exactly the same way you do. There are many benefits to understanding how you learn information best. Some of these include:

- maximizes one's learning potential
- ensures success
- gives one personalized strategies to score high
- allows one to be told "his way" – through one's own best methods
- helps overcome the constraints of improper directions
- reduces the strain and frustration of learning experiences
- expands your existing learning and learning methods
- Accurate image of classroom diversity
- Better results and a lot of job satisfaction
- A personalized report aimed toward the teacher
- increases your confidence
- teaches you the way to use your brain best
- enables you to get pleasure from any learning method
- inspires bigger curiosity and motivation for long learning
- shows you the way to require advantage of your natural skills and inclinations
- Improves discernment

Conclusion

It is important to remember that there are a number of learning styles and many learning style inventories to identify them but there is no right or wrong learning style. Each learning style has advantages and disadvantages. Knowing your learning style is not meant to limit you, instead to expand you – by helping you to learn, understand, work and live more efficiently.

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