

Learning Styles

1) Auditory – sitting, listening, and then thinking about what has just been heard. Can include notetaking.



2) Reading – silently or out loud, and then thinking about what has just been read.



3) Being read to out loud – and then thinking about what has just been heard.



4) Hands-on – doing, making, building, making mistakes, then trying again, and then maybe thinking about the whole experience later. This includes art projects.



5) Visual – seeing steps laid-out visually, watching an instructional video, watching someone else do something. This may be a primary, secondary, or co-equal learning style.



6) Learning styles 1) through 5), each with the added Element of talking conversationally about what they heard, read, or did.



It's also worth noting that the brain works on making connections during sleep. Have you ever tried a new skill, repeatedly failed, went to bed that night, and then the next day you did a little bit better? This reminds us to be patient with both ourselves and with others, as it takes time for the brain to form the new neuronal connections associated with learning and skill acquisition.