

An E-book on VAK Learning Styles



Kids Mindset Therapy Ltd (NLP4Kids Practitioner)

www.childtherapypinner.nlp4kids.org

E-mail: namita@nlp4kids.org

Learning styles are a set of assumptions around how someone uses their senses to perceive information; how their brain stores and processes information and how they organise and present information. It is an individual's unique approach to **learning** based on strengths, weaknesses, and preferences.

Learning is a complex concept because everyone has their own unique way of learning. It is still very much possible to classify a learning style into one of the categories below.

The most used learning style is called the **VAK learning style** model which provides a very easy and quick reference to the different or preferred learning styles.

VAK stands for Visual, Auditory, and Kinaesthetic (Tactile). The theory is one that suggests that all individuals prefer to learn through one of these sense channels.



What is your child's Learning Style?

Visual	Auditory	Kinaesthetic
Visual learners prefer graphs, pictures and diagrams. They learn better by looking at visual representations for information.	Auditory learners retain information through listening. They depend on hearing and speaking as a main way of learning.	Kinaesthetic learners like learning by carrying out physical activities, rather than listening to a lecture or watching demonstrations.

Visual Learning Style

Visual learning style involves the use of seen or observed things. Children who use this style of learning need to see the teacher's body language and facial expressions to fully understand the content of a lesson. They prefer to sit at the front of the classroom. They may think in images and learn best from visual displays including pictures, diagrams, demonstrations, displays, handouts, films, flip-chart. During a lesson or classroom discussions, visual learners often prefer to take detailed notes to absorb the information. They may like using coloured pens to highlight text.

Learn best from information they see or read.



Able to perform a new task after reading the instructions or watching others doing the task first.

Work by reading lists and written directions.

Auditory Learning Style

Auditory learning style involves the transfer of information through listening. Children who use this style learn best through verbal lessons, discussions, talking things through and listening to the spoken word, of self or others, of sounds and noises. Auditory learners interpret the underlying meanings of speech through listening to the tone of voice, pitch, and speed. Written information may have little meaning until it is heard. These learners often benefit from reading text aloud and using a tape recorder. These children like to

- Discuss their ideas.
- Work in study groups.
- Recite information that is important to remember.
- Review printed material before auditory information is presented. Repeat back instructions just heard to check clarity.

Prefer to learn by listening and of the mentally recall the words they have heard.

These children like to talk it over.

Absorb, spoke and heard material easily and like being involved in oral questioning rather than reading materials.

Prefer listening to lectures, stories and songs.



Kinaesthetic (Tactile) Learning Style

Children who are Kinaesthetic learners, learn best through a hands-on approach, actively exploring the physical world around them. They may find it hard to sit still for long periods and may become distracted by their need for activity and exploration.

- Take frequent study breaks.
- Work at a standing position.
- Listen to music while they study.
- Bring some type of “grip toy” to class to hold on to.
- Skim through reading material to get a rough idea what it is about before sitting down to read it in detail.

- Love moving around frequently.
- Able to perform a new task best by going ahead and trying it out, learning as they go.
- Prefer experiments and hands-on experience



What is the Purpose of finding out the Learning Style?

- To help your child understand their preferred learning style and enable them to choose the types of learning that works best for them.
- To develop your child's involvement in learning.
- To provide teachers and parents with the knowledge of the child's strengths so that they can be better supported at learning.

“No one person uses one style of learning exclusively, but they do have preferred learning styles. And remember, there is no right or wrong to these preferences. It is therefore important to attempt to cater for all learning styles during lessons to enable the most efficient learning to take place.