

The 7 Different Learning Styles

Simply put, the 7 different learning styles, categorizes everyone into 7 different groups, depending on how they learn most efficiently. These 7 groups are as follows:

- 1) Spatial learners, aka visual learners, use pictures, images and spatial understanding to take in new information. They work by remembering how the information looked in terms of layout and colour. This is why mind maps and visual media are helpful for visual learners.
- 2) Auditory-musical learners, or aural learners, work best with sound or music. They prefer hearing the information rather than having to read it. Listening to podcasts or using rhymes while studying is a good way to take in information.
- 3) Linguistic, aka verbal, learners use spoken or written word to learn new things. The best methods for verbal learners are to use mnemonics or write a script to say back to themselves.
- 4) Kinaesthetic learners, who are also known as physical learners prefer using their body or hands. They learn by doing the activity themselves instead of having it explained to them. Physical objects such as flashcards are always helpful for physical learners.
- 5) Mathematical and logical learners work best with numbers and systems. Patterns are a great way of helping a logical thinker remember what they've studied, as is quantifying data.
- 6) Interpersonal learners, aka social learners, work best with other people. So group study, debates or quizzing friends are all beneficial ways to take in new information.
- 7) Finally, intrapersonal learners, which are always known as solitary learners, are the opposite of social learners. They work best when studying alone. So note taking and reciting the notes back to themselves in a quiet setting will help.

Self-Reflection Exercise

What were your favourite lessons at school and why?

What was the most useful way you've been trained for a job?

What methods do you usually adapt while studying?

Do the above methods show traits of any learning styles? If so which one/s?
