13 READING

Learning Styles

Have you ever had trouble learning something? Did you overcome the problem? How?

Have you ever sat in class wondering if you would ever grasp the information that was being taught? Maybe the presentation didn't fit your learning style.

Our minds and bodies gather information in different ways and from all around us: seeing, hearing, and doing. Then our brains process that information, organizing it and making connections to things we already know. This process can also work in different ways: Do we think in pictures or words? Do we remember details or the big picture?

When we're trying to learn, it helps to know how our brain works. How do we best gather and organize information? Different people have different learning styles. For example, one person might struggle with written information but understand it immediately in an illustration. Another person might have problems with the picture, but not the written text.

Psychologists have identified seven basic learning styles:

Linguistic These people learn by using language – listening, reading, speaking, and writing.

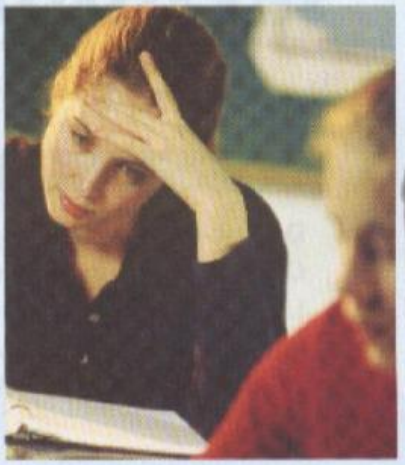
Logical These people learn by applying formulas and scientific principles.

Visual These people learn by seeing what they are learning.

Musical Instead of finding music a distraction, these people learn well when information is presented through music.

Kinesthetic Movement and physical activities help these people learn.

Intrapersonal These people learn best if they associate new information directly with their own experiences.



Interpersonal These people learn well by working with others.

You will often encounter situations that do not match your strongest learning style. If you know what your strengths are, you can develop strategies to balance your weaknesses, for a more successful learning experience.

A Read the article. Find the words in *italics* in the article. Then match each word with its meaning.

..... 1. *grasp*	a. try hard to do something
..... 2. *the big picture*	b. understand
..... 3. *gather*	c. something that takes attention away
..... 4. *struggle*	d. show one thing is connected to another
..... 5. *distraction*	e. a general view of a situation
..... 6. *associate*	f. pick up or collect

B These sentences are false. Correct each one to make it true.

1. If you can't understand something, you aren't concentrating hard enough.
2. Linguistic learners will not comprehend written information.
3. A visual learner will probably learn best by listening and speaking.
4. A musical learner needs peace and quiet to focus on something.
5. Intrapersonal learners generally work well with other people.

C ***Group work*** Which learning styles work best for you?

LIVEWORKSHEETS