

# Learning Style Strategies

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This guide gives you suggestions for studying and test taking based on Neil Fleming's research on learning styles. For more information on his research, go to [www.vark-learn.com](http://www.vark-learn.com) .

## Visual – Verbal or Read/Write Study Strategies

If you have a strong preference for learning by Reading and Writing use the following:

**INTAKE** - To take in the information, you find these things useful:

- lists
- headings
- dictionaries
- glossaries
- definitions
- handouts
- textbooks
- readings - library
- notes (often verbatim)
- teachers who use words well and have lots of information in sentences and notes
- essays
- manuals (computing and laboratory)

**SWOT (Study without tears)** - To make a learnable package:

Convert your "notes" into a learnable package by reducing them (3:1)

- Write out the words again and again.
- Read your notes (silently) again and again.
- Rewrite the ideas and principles into other words.
- Organize any diagrams, graphs ... into statements, e.g. "The trend is..."
- Turn reactions, actions, diagrams, charts and flows into words.
- Imagine your lists arranged in multiple choice questions

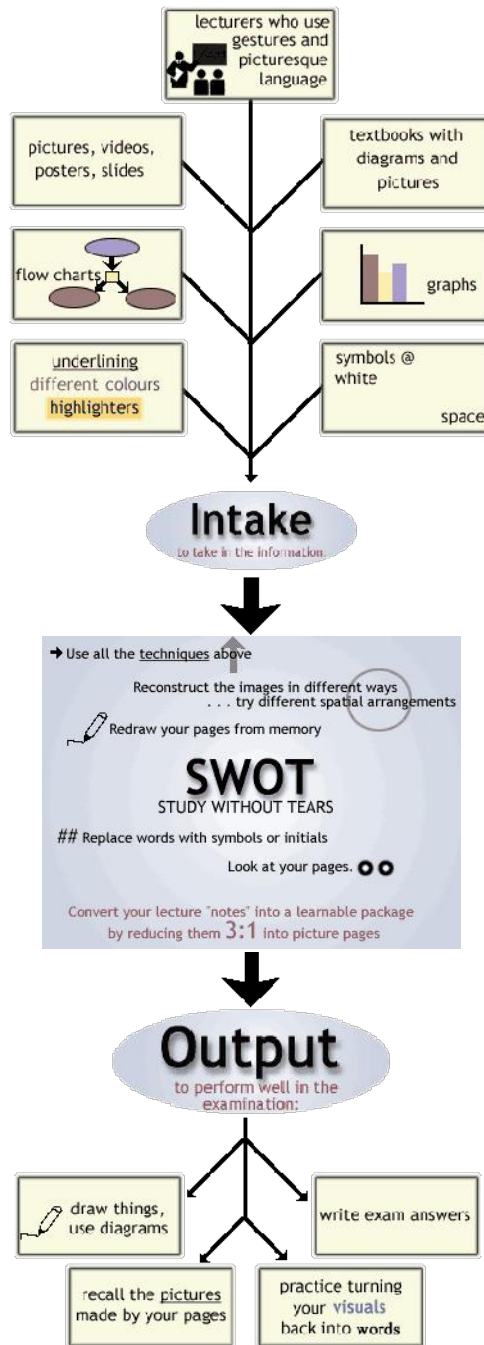
**OUTPUT** - To perform well in any test, assignment or examination:

- Write exam answers.
- Practice with multiple choice questions.
- Write paragraphs, beginnings and endings.
- Write your lists (a,b,c,d,1,2,3,4).
- Arrange your words into hierarchies and points.

*You like this page because the emphasis is on words and lists. You believe the meanings are within the words, so any talk is OK but this handout is better. You are heading for the library.*

<http://www.vark-learn.com/english/page.asp?p=readwrite>

## Visual-Nonverbal or Visual Study Strategies



You want the whole picture so you are probably holistic rather than reductionist in your approach.. You are often swayed by the look of an object. You are interested in color and layout and design and you know where you are in your environment. You are probably going to draw something.

<http://www.vark-learn.com/english/page.asp?p=visual>

## **Auditory or Aural Study Strategies**

If you have a strong preference for learning hearing) you should use some or all of the following:

**INTAKE** - To take in the information:

- attend classes
- attend discussions and tutorials
- discuss topics with others
- discuss topics with your teachers
- explain new ideas to other people
- use a tape recorder
- remember the interesting examples, stories, jokes...
- describe the overheads, pictures and other visuals to somebody who was not there
- leave spaces in your notes for later recall and 'filling'

**SWOT (Study without tears)** - To make a learnable package:

Convert your "notes" into a learnable package by reducing them (3:1)

- Your notes may be poor because you prefer to listen. You will need to expand your notes by talking with others and collecting notes from the textbook.
- Put your summarised notes onto tapes and listen to them.
- Ask others to 'hear' your understanding of a topic.
- Read your summarised notes aloud.
- Explain your notes to another 'aural' person.

**OUTPUT** - To perform well in any test, assignment or examination:

- Imagine talking with the examiner.
- Listen to your voices and write them down.
- Spend time in quiet places recalling the ideas.
- Practice writing answers to old exam questions.
- Speak your answers aloud or inside your head.

*You prefer to have this page explained to you. The written words are not as valuable as those you hear. You will probably go and tell somebody about this.*

<http://www.vark-learn.com/english/page.asp?p=aural>

## **Tactile-Kinesthetic or Kinesthetic Study Strategies**

If you have a strong **Kinesthetic** preference for learning you should use the following:

**INTAKE** - To take in the information:

- all your senses - sight, touch, taste, smell, hearing ...
- laboratories
- field trips
- field tours
- examples of principles
- lecturers who give real-life examples
- applications
- hands-on approaches (computing)
- trial and error
- collections of rock types, plants, shells, grasses...
- exhibits, samples, photographs...
- recipes - solutions to problems, previous exam papers

**SWOT (Study without tears)** - To make a learnable package:

Convert your "notes" into a learnable package by reducing them (3:1)

- Your lecture notes may be poor because the topics were not 'concrete' or 'relevant'.
- You will remember the "real" things that happened.
- Put plenty of examples into your summary. Use case studies and applications to help with principles and abstract concepts.
- Talk about your notes with another "K" person.
- Use pictures and photographs that illustrate an idea.
- Go back to the laboratory or your lab manual.
- Recall the experiments, field trip...

**OUTPUT** - To perform well in any test, assignment or examination:

- Write practice answers, paragraphs...
- Role play the exam situation in your own room.

*You want to experience the exam so that you can understand it. The ideas on this page are only valuable if they sound practical, real, and relevant to you. You need to do things to understand.*

<http://www.vark-learn.com/english/page.asp?p=kinestheticprint>

## **Multimodal Study Strategies**

If you have multiple preferences you are in the majority as approximately 60% of any population fits that category.

Multiple preferences are interesting varied. For example you may have two strong preferences V and A or R and K, or you may have three strong preferences such as VAR or ARK. Some people have no particular strong preferences and their scores are almost even for all four modes. For example one person had scores of V=6, A=6, R=6, and K=6. She said that she adapted to the mode being used or requested. If the teacher or supervisor preferred a written mode she switched into that mode for her responses and for her learning.

So multiple preferences give you choices of two or three or four modes to use for your interaction with others. Positive reactions mean that those with multimodal preferences choose to match or align their mode to the significant others around them. But, some people have admitted that if they want to be annoying they may stay in a mode different from the person with whom they are working. For example they may ask for written evidence in an argument, knowing that the other person much prefers to refer only to oral information.

If you have two almost equal preferences please read the study strategies that apply to your two choices. If you have three preferences read the three lists that apply and similarly for those with four. You will need to read two or three or four lists of strategies. One interesting piece of information that people with multimodal preferences have told us is that it is necessary for them to use more than one strategy for learning and communicating. They feel insecure with only one. Alternatively those with a single preference often "get it" by using the set of strategies that align with their single preference.

We are noticing some differences among those who are multimodal especially those who have chosen fewer than 25 options and those who have chosen more than 30. If you have chosen fewer than 25 of the options in the questionnaire you may prefer to see your highest score as your main preference - almost like a single preference. To read more about Multimodality you can download an article written by Neil Fleming, [Multimodality](#)

# True Communication with True Colors

by Mary Miscisin

Have you ever tried to communicate something to someone and it just didn't come out right? Or perhaps you thought it came out right but they took it wrong? Why is it that communication flows so smoothly with some while with others it can be bumpy and frustrating? Of course the mood you are in, your relationship with the person, (boss to subordinate, spouse, best friend...) and your background, such as education or expertise in an area, will have an influence on the way you communicate-but there is something more. The way you communicate with others has a great deal to do with your basic personality.

We all have a blend of characteristics that make up our personality. These characteristics have an effect on the way we communicate. Although there are numerous systems for explaining our behaviors and the origins of our personalities, the True Colors communication model is one of the easiest to remember and most fun to apply. Following are some general descriptions of the communication styles of the four colors in the True Colors model.

<p><b>BLUE</b></p> <p>A Blue's world revolves around people, relationships, and fostering growth in themselves and others. When speaking, they first focus their attention on establishing a relationship or reconnecting with the person. The information they wish to convey is woven into this relationship building endeavor.</p> <ul style="list-style-type: none"> <li>• Friendly, helpful, empathetic</li> <li>• Expressive with emotion</li> <li>• Fostering or maintaining harmony</li> <li>• May use metaphors to embellish points</li> </ul> <p><b>Tips for Communicating with Blues</b></p> <ul style="list-style-type: none"> <li>• Acknowledge and show appreciation</li> <li>• Include them</li> <li>• Have patience</li> <li>• Don't "bark" orders</li> </ul>	<p><b>Gold</b></p> <p>Golds are generally respectful and responsible. They listen for details so they know what their part is. They usually size up a situation for what would be most appropriate before responding.</p> <ul style="list-style-type: none"> <li>• Purposeful, plans ahead</li> <li>• Respectful, supportive of policies and rules</li> <li>• Detail oriented, chronological</li> <li>• Loyal, devoted</li> </ul> <p><b>Tips for Communicating with Golds</b></p> <ul style="list-style-type: none"> <li>• Be prepared, give details</li> <li>• Stay on target, be consistent</li> <li>• Show respect and recognize contributions</li> <li>• Don't interrupt</li> </ul>
<p><b>Green</b></p> <p>Greens for the most part, communicate for the purpose of gaining or sharing information. During a conversation, their attention is usually focused on the matter at hand, not on the relationship.</p> <ul style="list-style-type: none"> <li>• Loyal and objective</li> <li>• Includes facts and information</li> <li>• "Big Picture," conceptual</li> <li>• Questioning, critiquing</li> </ul> <p><b>Tips for Communicating with Greens</b></p> <ul style="list-style-type: none"> <li>• Allow them time to ponder</li> <li>• Skip the "small talk" and avoid redundancy</li> <li>• Give main point first, then fill in if asked</li> <li>• Don't misinterpret their need for info as interrogation</li> </ul>	<p><b>Orange</b></p> <p>Generally, Oranges want to share their opinion the minute it hits their mind. Interested in taking action and being expedient, they may skip the softeners and go straight for the "punch-line".</p> <ul style="list-style-type: none"> <li>• Casual, playful , active, involved, mobile</li> <li>• Spontaneous, now oriented</li> <li>• Fast-Paced, changes subjects quickly</li> <li>• Straightforward</li> </ul> <p><b>Tips for Communicating with Oranges</b></p> <ul style="list-style-type: none"> <li>• Move with Them While They Multitask</li> <li>• Appreciate Their Flair</li> <li>• Allow Options and Flexibility</li> <li>• Lighten Up</li> </ul>