

Fleming's VARK Model.

One of the most common and widely-used categorizations of the various types of learning styles is Fleming's VARK model. It examines how the human mind processes information. It states that for practical purposes, information is (or can be treated as if) processed through the senses. Thus people say one makes pictures in one's head when thinking or dreaming (the visual sense), one talks to oneself (the auditory sense) even if no words are emitted, One learns through reading sequential/logical instructions, and one considers feelings in the body and emotions (known as the kinesthetic sense).

1. **Visual Learners:** Visual learning is a teaching and *learning style* in which ideas, concepts, data and other information are associated with images and techniques. Visual learners also prosper when shown graphs, *graphic organizers*, such as webs, *concept maps* and idea maps, plots, and illustrations such as stack plots and Venn plots, are some of the techniques used in visual learning to enhance thinking and learning skills. By representing information spatially and with images, students are able to focus on meaning, reorganize and group similar ideas easily, make better use of their *visual memory*.

Visual learners usually possess these qualities:

- a. Have great instinctive direction
 - b. Can easily visualize objects and the past
2. **Auditory Learners:** Auditory learning is a *learning style* in which a person learns most effectively by listening to information delivered orally, in lectures, speeches, and oral sessions. Auditory learners make up about 20% of the population. Auditory learners use phrases such as "Sounds good to me," and "It's starting to ring a bell." When describing memories they will often focus on the sounds they heard, or what people were saying.

It is believed that when an auditory/verbal (i.e. listening to information delivered orally) learner reads, it is almost impossible for the learner to comprehend anything without sound in the background. In these situations, listening to music or having different sounds in the background (TV, people talking, etc.) will help learners work better.

Characteristics of auditory learners

- a. good at storytelling
- b. solves problems by talking them through
- c. speech patterns include "I hear you; that clicks"
- d. moving their lips or talking to themselves to help accomplish tasks

Teaching auditory learners

- a. verbal direction

- b. group discussions
 - c. verbal reinforcement
 - d. group activities
 - e. reading aloud
 - f. putting information into a rhythmic pattern such as: rap, poem, or song
3. **Reading/writing-preference learners (linguistics):** This preference is for information displayed as words. Not surprisingly, many academics have a strong preference for this modality. This preference emphasizes text-based input and output - reading and writing in all its forms. Linguistic intelligence may well be the most universal of all the intelligences. Almost everyone in most cultures learns to speak. In our country we are impressed with large vocabularies, fluent speakers, published writers, and well read individuals.

Characteristics of Reading/writing (Linguistic) learners

- a. think in words
 - b. love to spin tall tales and tell jokes and stories
 - c. like to write
 - d. enjoy reading in their spare time
 - e. appreciate puns, rhymes and tongue twisters
 - f. like doing crossword puzzles
 - g. have a good memory for verse, lyrics
 - h. or trivia
 - i. enjoy spending leisure time in bookstores and libraries
4. **Kinesthetic learner:** Kinesthetic learning is a *learning style* that is exploratory by default This individual loves to explore and understand things by participating and interacting with the things around. Kinesthetic learning is a teaching and learning style in which learning takes place by the student actually carrying out a physical activity, rather than listening to a lecture or merely watching a demonstration. Kinesthetic learning is when someone learns things from doing or being part of them. They make up about 40% of the population and struggle to pick things up by reading/ listening to things. Many people mistake themselves for kinesthetic/ tactile learners because they have not used the full variety of learning options, which means they cannot find the right learning state for them. The kinesthetic learner usually does well in things such as chemistry experiments, sporting activities, and acting. They also may listen to music while learning or studying. It is common for kinesthetic learners to focus on two different things at the same time. They will remember things by going back in their minds to what their body was doing.

They also have very high hand-eye coordination and very quick receptors. They use phrases such as “I can see myself doing that” and “It’s starting to come alive”.

Characteristics of Kinesthetic learners

- a. need to be active and take frequent breaks
- b. speak with their hands and with gestures
- c. remember what was done, but have difficulty recalling what was said or seen
- d. find reasons to tinker or move when bored
- e. rely on what they can directly experience or perform
- f. activities such as cooking, construction, engineering and art help them perceive and
- g. learn
- h. enjoy field trips and tasks that involve

Fleming claimed that visual learners have a preference for seeing (think in pictures; visual aids such as overhead slides, diagrams, handouts, etc.). Auditory learners best learn through listening (lectures, discussions, tapes, etc.). Tactile/kinesthetic learners prefer to learn via experience-moving, touching, and doing (active exploration of the world; science projects; experiments, etc.).