

## WHAT TYPES OF THE LEARNING STYLES

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You may have heard of the idea that we all respond best to different styles of learning. That is exactly what the seven learning styles theory supports. All of the styles capture an individual strength that likely helps a person retain information more effectively. They each focus on one of the five senses or involve a social aspect. This theory is popular because, by finding an individual learner's style and tailoring teaching to it, it was thought their efficiency could be improved. The 7 styles of the theory are:

- visual
- kinaesthetic
- aural
- social
- solitary
- verbal
- logical

However, more recent studies have debunked this theory as an effective way of teaching and highlighted it as a neuromyth. This says, 'Such neuromyths create a false impression of individuals' abilities, leading to expectations and excuses that are detrimental to learning in general, which is a cost in the long term.'

In other words, attempting to put learners into boxes and trying to only give them material that matches their "style" isn't going to make them retain information any better. Most people benefit from a range of teaching techniques, and utilising different learning methods can actually improve learners' adaptability.

Nevertheless, it's certainly true that there are a variety of learning methods people respond to. So, just for fun, we've produced 7 different explanations of the 7 styles, each using techniques that learners of that style should find most useful.

Have a look through each one, and ask yourself: do you find them all equally engaging? Is there one (or more) that you prefer above the others? Maybe you have your own learning techniques that aren't covered by any of the learning styles. Or perhaps you find one style more useful for this exercise, but when learning German verbs or mathematical formulae you know you prefer another? How effectively we learn isn't just affected by the medium, but the content too.

While the 7 styles theory isn't going to give you your one definitive style, you might still pick up a few useful techniques.

### **VISUAL**

Visual or spatial learners supposedly retain information best by viewing pictures or images and respond well to colours and mind maps. These logos represent the main aspect of each learning style. Do you like to learn by remembering symbols and images?

## **KINAESTHETIC**

According to the theory, kinaesthetic learners are all about doing things physically. Role playing, using things like flashcards or carrying out the action physically can help them learn things better. Print and build this seven-sided die to see whether a hands-on approach could help you retain information.

## **AURAL**

Aural or auditory-musical learners should retain the most information after hearing it. Click below to listen to this recital of the different learning styles: do you tune out or find yourself remembering more than if you read the transcript?

Fill in the form to download and listen to the aural learning style.

## **SOCIAL**

Social, or interpersonal learners are meant to work best when they participate in study activities with other people such as quizzing each other or having a study group. Print and use these Top Trumps style cards with a group of friends.

## **SOLITARY**

Solitary, or intrapersonal learners supposedly work best alone. Making notes and reciting them back are useful activities when studying by yourself. Most of us will have to do some solitary revision at some point in our lives, so download and complete this worksheet to see if it works for you.

Fill in the form to view a free, full sized, printable version.

## **VERBAL**

Verbal, or linguistic learners are supposed to respond well to written or spoken words, using tools like rhymes and acronyms. Download and complete this worksheet to figure out if these could be techniques that work for you.

What are the 7 Different Learning Styles?

Learning styles is the theory that learners can be categorised depending on how they take in information. Therefore, teaching students according to their specific learning styles will result in improved learning. While there is no concrete evidence to support the success of these learning styles, that 93% of teachers in the UK agree that students learn better when they receive information in their preferred learning style.

These learning styles derived from Howard Gardner's 1960s theory of Multiple Intelligences. This theory states that: "we are all able to know the world through language, logical-mathematical analysis, spatial representation, musical thinking, the use of the body to solve problems or to make things, an understanding of other individuals, and an understanding of ourselves." This essay plans to outline the seven different learning styles while categorising them into three main categories: personal, sensory and informational. It will then recommend study methods for each type of learner.

### **Conclusion**

To summarise, despite the lack of substantial evidence supporting the success of these learning styles, they remain widely popular and are still used in schools throughout the country. According to this "Parents, understandably, like to think that their children are receiving a tailored education. Teachers, also understandably, like to think that they are



sensitive to each child's needs and many are clearly motivated to find out more about how to fulfil this ideal." However, while there is still value in tailoring teaching methods based on the content and intended audience, attempting to strictly organise individuals into specific styles is not likely to be helpful, and could even prevent them from developing more rounded learning skills.