**My Learning Technique**

There are a wide variety of diverse learning styles available today as no two people learn in the same way. Here are some examples of different learning styles:

**Visual Learners**

The visual learner needs to see things in order to understand them. They can do this by reading, seeing information on a white board, online learning or looking at pictures, graphs or illustrations. Visual learners like to take notes and visualise something in their head in order to remember something.

**Auditory Learners**

Auditory learners learn best by hearing information. These people may often read aloud to themselves in order to process and understand information, they may also talk to themselves out loud to remember and process what they are reading. If information is written down such as notes or instruction you can ask to read them back if you feel this helps your understanding. Discussions are very beneficial for the auditory learner and also learning from online instruction. Whenever they listen or read along it is more likely that they will retain the information.

**Kinesthetic Learner**

Kinesthetic/tactile learners need to do things to understand them. They tend to be very active and talk a lot with their hands. To learn efficiently they like to move around rather than be seated in the same spot. This type of learner needs to do as many types of hands on activities as possible.

**How do you like to learn?**

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| Comments |

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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