LEARNING STYLES

The first step to more efficient and effective studying is determining your learning style. At Laurier we use the VARK learning assessment and learning styles, though it should be noted that there does exist other learning styles as well.

VARK

The VARK methodology states that each person has a dominant approach to learning. This approach may change according to the situation (for example, studying vs. Sports) or course (for example, English vs. Biology). Learning approaches may also change over time. The VARK test will help you determine what is your dominant approach(es). If you take the test and the approach does not seem right, that is OK. The test is not perfect, and you should remember that it is a guide; not the end all and be all of how you have to learn.

Application

Once you know what your learning style is you can alter your approach to learning and studying to approach course content more effectively.

VARK Learning Styles

- **Visual learners** prefer to intake and output information through various visual methods. This means that you most likely prefer pictures, colour and diagrams to text or being told what to do.

- **Aural/Auditory learners** prefer to intake and output information through hearing it and saying it out loud. For you, verbal instructions and conversations are your preferred way to learn and distribute (new) information.

- **Read/Write learners** prefer to intake and output information through reading and writing. It is especially important for these students to learn how to actively engage with their readings and take good notes as this is their main methodology for intaking and outputting information.

- **Kinesthetic learners** need to engage multiple senses while intaking and outputting information. For you, understanding how information fits into ‘the big picture’, examples, and practical exercises are very important.

Sometimes you will have two or more dominant learning approaches. These individuals are called multi-modal learners. This means you are responsible for determining which approach to use according to your situation and selecting which strategy to use during this situation. We recommend that you take a look at all the strategies and combine the ones that work best for you.