

**Worksheet 2.1**

**Learning Preferences**

**Visual learners prefer, enjoy or require:**

- Graphic illustrations such as bar graphs or crosstabs to explain data; color codes to highlight salient information; written material to study new concepts; wall charts that display points to be remembered; written outlines; drawings or designs to illustrate overhead presentations; sitting “up close” in a presentation in order to see the presenter’s face, gestures, or visuals; taking notes during a lecture; having instructors repeat verbal directions.

**Auditory learners prefer, enjoy or require:**

- A spoken presentation of new information, such as a lecture, including questioning learners to draw as much information from them as possible; group discussions to hear other points of view or practices; fast-paced verbal exchanges of ideas; a good joke or story that they can repeat for others; verbal cues or mnemonic devices to help them remember information; music at the beginning or during transitions in a training setting; words to accompany a cartoon; oral reports of working groups; auditory activities such as brainstorming or Jeopardy; ample time to debrief after activities.

**Kinesthetic learners prefer, enjoy or require:**

- Hands-on experience to learn a task; gestures while making a point; role play exercises over discussion groups; trying new things without a lengthy explanation of the activity; frequent breaks; regular opportunities to change seating or room arrangement; “just doing it” rather than talking about it; playing music, when appropriate, during activities; playing with toys such as Koosh balls and Play-Doh to do something with their hands.