University of 08 Mai 1945/ Guelma Mrs BRAHMIA

Department of English/ Study Skills

1st Year/ Groups: 4-5

**Learning Styles**

One of the activities that we do **constantly**, consciously or unconsciously, is learning. We learn **naturally**; the question now is:

Do we naturally learn effectively? We **can have flaws in our skills** for and beliefs about learning, how can we address them? This means that **learning is a natural** process, but **the way it is done is not natural**. We have to **work on** our skills to **improve them**.

**What is Learning?** There is no universally acceptable definition of learning. Researchers approach this process from different levels; that’s why they **do not agree on a single definition**. Rather, they agree on **common characteristics** which define ‘learning’.

**Learning is a process that:**

1. **Is an active process.** Learners **actively** engage themselves in activities to **build knowledge** as they **explore the world around them**.
2. **Develops and changes our prior knowledge**: Learning involves **enriching,** **building on**, and **changing existing understanding**.
3. **Occurs in a complex social environment.** Learning should not be limited to being examined or perceived as something that happens **on an individual level**. Instead, it is necessary to think of learning as **a social activity involving people.**
4. **Requires learners’ motivation.**
5. **Is affected by the learners’ personality traits.**

According to the above mentioned characteristics, learning is a process in which different educational and background experiences, personality traits, levels of motivations, and numerous other variables affect the way you learn.

**Cognitive Learning Styles:**

The term “***cognitive”***refers to thinking and reasoning processes, and the term “**cognitive learning styles”** refers to the **general way** people ***prefer* t**o have information presented in order to problem-solve, process, learn, and remember new information.

1. **Visual learners** learn and remember best by **seeing** and ***visualizing*** information.  
**2. Auditory learners** learn and remember best by ***hearing***and ***discussing*** information.  
**3. Kinesthetic learners** learn and remember best by using large and small body ***movements***and ***hands-on experiences.***

**1-Characteristics of visual learners:**

- Can easily recall information in the form of numbers, words, phrases, or sentences  
-Can easily understand and recall information presented in pictures, charts, or diagrams  
-Have strong visualization or visual memory skills and can look up and “see” information  
- Make “movies in their minds” of information they are reading  
- Have strong visual-spatial skills that involve sizes, shapes, textures, angles, and dimensions -Have a good eye for colors, design, visual balance, and visual appeal  
- Pay close attention and learn to interpret body language (facial expressions, eyes, stance)

**2-Characteristics of auditory learners:**

-Can accurately remember details of information heard in conversations or lectures.  
- Have strong language skills, well-developed vocabularies, and an appreciation of words.  
-Have strong oral communication skills.  
-Have “finely tuned ears” and may find learning a foreign language relatively easy.  
-Hear tones, rhythms, and notes of music, and often excel in areas of music.  
-Have keen auditory memories.

**3-characteristics of kinesthetic learners**:

-Learn best by doing or manipulating physical objects and engaging in “hands on” learning  
-Learn well through movement, such as working at large charts, role-playing, or dancing  
-Learn well in activities that involve performing (athletes, actors, dancers)  
-Work well with their hands in areas such as repair work, sculpting, or art  
-Are well coordinated, with a strong sense of timing and body movements.  
-Often wiggle, tap their feet, or move their legs when they sit.