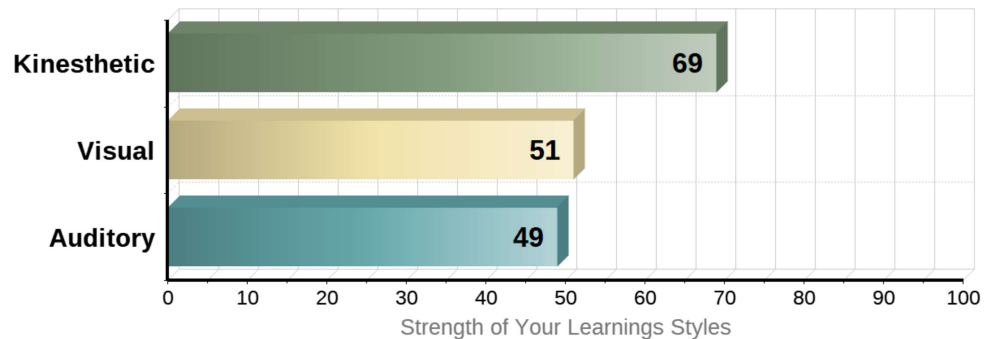


Your Personality Max™ Report

Your Learning Styles

Discover how you learn by **hearing**, **seeing** and **doing**.

Learning Styles is a theory that suggests people learn better using different methods of learning. We perceive information using our senses. The three most practical senses in learning environments are sight, hearing and touch. The VAK model categorizes these sensory methods of learning as Visual (V), Auditory (A) and Kinesthetic (K) learning styles.



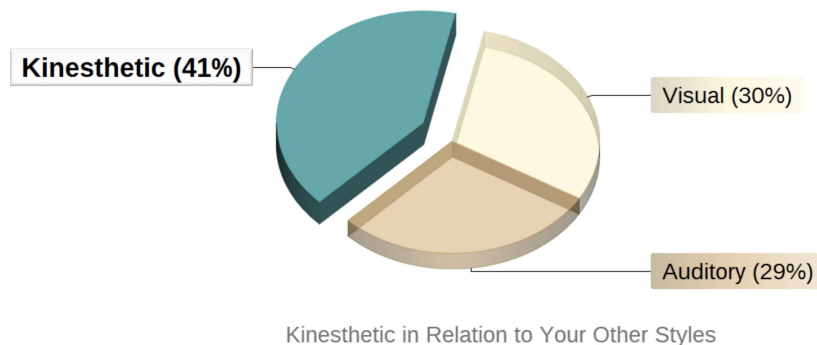
While most people have a dominant learning style, nobody has just one learning style. Everyone uses each of the learning styles to some degree. Some are stronger in one style while others have even strength in all styles. The reality is that we all have a custom "learning style" that is, in varying degrees, a combination of Visual, Auditory and Kinesthetic learning.

It is useful to know the strength of your learning styles as they relate to each other. This allows you to focus on maximizing your learning potential. Recognizing your strengths also helps you to seek learning opportunities that cater to your combination of learning style strengths. In recent years, many educators have started using knowledge of Learning Styles (and Multiple Intelligences) to improve teaching methods in order to reach learners of all types

Kinesthetic Learning and You

Kinesthetic is your primary learning style.

Kinesthetic style is learning by *doing*. You learn in this manner whenever you capture new information through the process of physical activity. It is often referred to as a hands-on learning experience.



Consider how you learned to ride a bicycle. You learned by getting on a bike to experience and practice balancing, steering and pedaling. This experience ultimately taught you how to ride.

Characteristics of a Kinesthetic Learner

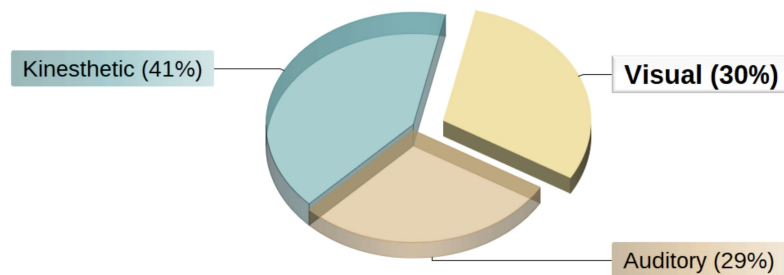
Good at learning through hands-on experience
Often bored with traditional textbook learning
Likes to move around and explore their environment
Usually enjoys athletics and physical education
Likes to touch objects and people

Would rather participate than watch
Appreciates opportunities to go on field trips
Gets satisfaction from building with their hands
Enjoys classes with physical experiments
Can become restless without physical activity

Visual Learning and You

Visual is your secondary learning style.

Visual style is learning by *seeing*. You learn visually whenever you gain information from sight. This includes more than just the viewing of pictures and your surroundings. Visual learning also encompasses the written word.



Visual in Relation to Your Other Styles

Visual learners benefit greatly from teaching that utilizes illustrations, charts, diagrams, videos, etc. They often feel a need to convert spoken instruction into visual form by taking notes.

Characteristics of a Visual Learner

Good at remembering people's faces
Accurately recognizes body language and facial expressions
Able to picture things in their mind
Good at taking notes in the form of text and doodles

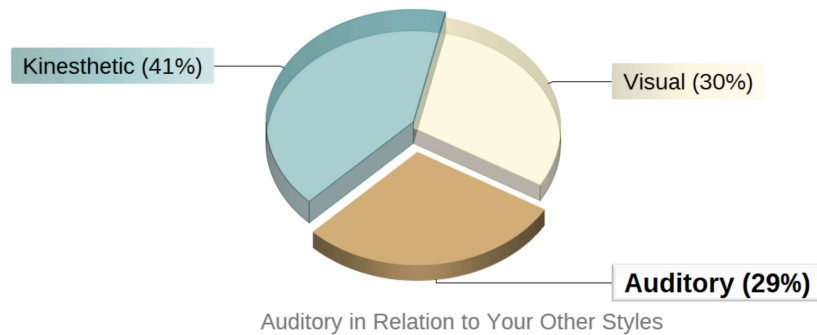
Comprehends visual information such as charts, graphs and diagrams
Recalls appearances with ease
Appreciates pictures and illustrations in books
Enjoys learning from video presentations
Learns well from flash cards
Notices visual details that others might miss

Auditory Learning and You

Auditory is your least preferred learning style.

Auditory style is learning by *hearing*. This type of learning is helpful in the classroom environment. During a lecture, an auditory learner is able to easily comprehend, process and retain information.

Auditory learning is not only the ability to listen to spoken word and interpret tone, but to do so with a high level of accuracy and efficiency. Learners with strong auditory ability are able to hear and comprehend without missing much.



Characteristics of a Auditory Learner

- Good at remembering people's names
- Recalls spoken information with ease
- Aware of and easily distracted by sounds
- Enjoys listening to audio books and storytelling
- Often skilled at speaking

- Prefers classes in lecture format
- May record lectures to hear again later
- Benefits from reading out loud
- Enjoys rhymes and rhythmic pattern in language
- Benefits from group discussions

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"Personality is that which is most intimate to me—that by which I must act out my life. It is that by which I belong to man, that by which I am able to reach after God; and He has given to me this pearl of great price. It is an immortal treasure; it is mine, it is His, and no man shall pluck it out of His hand." — Hugh Reginald Haweis

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