

The simplest and most common way of identifying different learning styles is based on the senses. Commonly called the VAK model, this framework describes learners as **V**isual, **A**uditory or **K**inaesthetic.

Here's how these learners learn.

- **V**isual learners most effectively process visual information.
- **A**uditory learners understand best through hearing.
- **K**inaesthetic/tactile learners learn through touch and movement.

VAK – Additional Traits

Visual:

- Are better able to remember images they have seen (charts, pictures)
- Often talk using visually descriptive words – including colours and visual words, such as vision, see, show, look
- Learn best through seeing
- Learn best from visual displays
- May ask: 'How does this look to you?'

Auditory

- Often talk to themselves
- May move their lips and read aloud
- Often do better talking than writing
- Learn best through lectures and discussions
- May ask: 'How does it sound to you?'

Kinaesthetic

- Learn best with a hands-on approach
- Choose to get up, touch and 'do' to enhance learning
- May ask: 'How does this feel to you?'

Impact of the various Teaching Methods:

Passive Teaching Methods:	Participatory Teaching Methods:
5% - Lecture	50% - Group Discussion
10% - Reading	75% - Practice
20% - Audio - Visual	90%- Teaching others
30% - Demonstration	