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.

**LEARNING STYLE MODALITY: THE VAK MODEL**



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 |  |