

Learning Styles For Career Development

It is often said it takes a lifetime to master a skill. Unfortunately, you don't have a lifetime to master new skills for your career. If you want to further your career, you need to increase and specialize your knowledge in your field.

If you want to fast-track your education and build your expertise, you need to determine your learning style. Understanding your learning style is crucial to expediting your career growth. It will remove all kinds of barriers in your personal, social, and educational growth—all of which will further your career.

If you want to learn about learning styles and how they pertain to career development, read on. In this article, we examine the different types of learning styles, their advantages and disadvantages, and the best jobs for individuals within each category.

What is a Learning Style?

A learning style describes the ways in which an individual experiences, processes, and applies new information. Each learning style pertains to one or more of the five bodily senses. A learning style is usually dominated by one sense, but can also be a mix of one or more bodily senses.

Why Are Learning Styles Important?

Identifying your learning style is like uncovering a secret about yourself. Your learning style correlates to how you use your body to relate and respond to the world around you. If you know your learning style type, you can plan and execute your personal and professional goals in the fastest and most effective manner possible. The best part about knowing your learning style type is that you stop wasting time using inefficient learning strategies.

What is the Relationship Between Learning Styles and Finding a Job?

An individual's learning style affects every aspect of their life. Although all learning styles are compatible with any profession, your learning style plays a significant role in your career choice. The relationship between your learning style and finding a job where you thrive depends on understanding how your brain and body work together to grasp, retain, and use knowledge.

Your learning style type also influences how you navigate throughout your professional career. To reach your goals, perform optimally, and develop your skills, you will need to seek out tools and methods that support your learning style.

What Are the Different Learning Styles?

There are three types of learning styles: visual, auditory, and kinesthetic. Most individuals have one dominant learning style with a smaller influence from the other learning styles. However, it is not unheard of for some individuals to have blended learning styles.

What is the Visual Learning Style?

The visual learning style is a sight-oriented, demonstrative educational approach. A visual learner, also called a spatial learner, acquires new information when it is introduced and paired with pictorial representations. Rather than a step-by-step process, visual-spatial learning favors a multidisciplinary approach to learning new material. This comprehensive approach utilizes a variety of physical and graphic materials to aid learning.

What Does Visual Learning Look Like?

The visual learning approach to education favors the illustration and demonstration of instructions, data, and concepts over verbal approaches. Someone who is a spatial learner prefers to examine materials like images, graphs, diagrams, and manipulative objects. A visual learner will prefer to write, draw, construct, or map out new information with drawing or puzzle-like materials.

How Do Visual Learners Learn?

Visual learners think, plan, and problem-solve in pictures and pictorial sequences. Individuals with this learning style prefer to experience new things using their sense of sight and touch. Visual learners tend to imagine and recall information using associated images. When classifying new information, spatial learners often compare new objects and ideas with familiar things, using phrases like: "That *looks* like . . ."

What Are the Characteristics of Visual Learners?

Visual-spatial learners are artistic, imaginative, and detailed. They tend to have a photographic memory and are good at remembering patterns, landmarks, faces, and other fine details. When it comes to making sense of things, visual learners are interested in learning how things work and will often take things apart to examine them.

Are There Advantages to Being a Visual Learner?

Visual learners tend to be very sensitive and empathetic. They have an uncanny ability to read people, perceive emotions, and understand feelings based on actions and demeanors. These qualities contribute to their unique artistic abilities.

Are There Disadvantages to Being a Visual Learner?

Activities that rely on verbal input may be tedious or difficult for individuals with the verbal learning style. To onlookers, visual learners may appear disorganized, be sensitive to noise

disturbances, or seem aloof to verbal directions and discussions. Visual learners may be able to complete a task with ease, but may have a hard time verbalizing the steps taken to complete it.

The Auditory Learning Style

The auditory style is a hearing and speaking approach to education. Auditory learners, also called aural learners, learn best when new information is presented, discussed, or read aloud. The auditory learning style focuses heavily on deciphering and analyzing speech and sound to conceptualize new information.

What Does Auditory Learning Look Like?

The auditory learning approach to education utilizes lectures, group discussions, verbal instructions, and music to share new information. Someone who is an aural learner relies on auditory activities methods like live talks, recordings, songs, and rhymes. Auditory learners ask lots of questions, say things aloud, repeat new information, and talk through problems.

How Do Auditory Learners Learn?

Aural learners process information by focusing on the way it sounds. Auditory learners fixate on the number, volume, pitch, speed, and nuances of words and sounds to understand ideas and concepts. Individuals with the auditory learning style will ask others to clarify, repeat, or rephrase sound or verbal information.

What Are the Characteristics of Auditory Learners?

Someone who is an aural learner has excellent listening and speaking skills. Auditory learners have an easier time remembering things they've heard or said as opposed to things they've seen or done. When it comes to processing new information, aural learners prefer to read aloud, even when they are alone.

Are There Advantages to Being an Auditory Learner?

Because they are excellent listeners, orators, and communicators, auditory learners are usually very sociable. They tend to work well in collaborative and group settings. Auditory learners have an easy time recognizing songs, sayings, or languages after only a short initial exposure, and may have an easier time acquiring new languages, songs, or instruments.

Are There Disadvantages to Being an Auditory Learner?

Activities that require illustrative, handwritten, or coordination may frustrate aural learners. Auditory learners are known for avoiding writing tasks and talking over others. Individuals with auditory learning styles are great at remembering the names, places, streets, and directions, but not so great at remembering faces or fine details.

Kinesthetic Learning Style

The kinesthetic learning style is a manipulative, hands-on approach to education. Kinesthetic learners, also called tactile learners, process information by using their body to manipulate tools, materials, and objects. The kinesthetic learning style prioritizes physical involvement and muscle memory to understand new information.

What Does Kinesthetic Learning Look Like?

Kinesthetic learning incorporates activities that involve the touching, handling, and repetition of physical materials and processes. A tactile learner learns by doing; they refine their skills by trying, assisting, and reenacting specific exercises. When learning new information, kinesthetic learners prefer to use their hands and extremities, as well as moving around and roleplaying.

How Do Kinesthetic Learners Learn?

Tactile learners learn best through physical participation. Kinesthetic learners practice and perfect their fine and gross motor skills with projects, repetition, and trial and error. Individuals with the kinesthetic learning style benefit from practicing and acting out new information as opposed to learning through steps and procedures.

What Are the Characteristics of Kinesthetic Learners?

Kinesthetic learners are intrigued by movement and crafting. They enjoy observing others work, as well as working through their own problems with their hands. Tactile learners excel in activities that are methodic, crafty, and of course, physically exerting.

Are There Advantages to Being a Kinesthetic Learner?

Since they are physically-inclined, kinesthetic learners in general have excellent hand-eye coordination, reaction times, and muscle memory. Because of their fine motor skills and natural curiosity, kinesthetic learners are driven tinkerers. They are also adept in using various kinds of tools and are known to be brilliant athletes.

Are There Disadvantages to Being a Kinesthetic Learner?

Individuals with the kinesthetic learning style move frequently and do not usually perform well with stationary and auditory-focused activities. Because of their need to move and observe movement, tactile learners may lose interest quickly if activities are too long. Kinesthetic learners are also easily distracted and benefit from lessons that are upbeat and interactive.

How Does Learning Style Affect Your Career Choice?

You can choose whatever career you like, regardless of your learning style. However, knowing your learning style will give you helpful insights regarding which professions suit your behaviors and preferences. Understanding how you operate within your learning style helps you optimize your workflows, professional skills, and career goals, ultimately making your work easier for you.

How to Pick a Career According to Your Learning Style?

Knowing what you're good at, what you like, and how you learn best are all important in figuring out which career to pursue. If you're trying to plan your next career move, it's important to equip yourself with knowledge about your interests and learning style type. To discover your learning style, take a test [like this one](#).

What Are the Best Careers For Visual Learners?

Visual learners excel in work that is symbolic, highly detailed, and artistic. They thrive in environments that demand them to carefully assess, plan, arrange, and design. Spatial learners tend to work in visual arts and STEM roles. Below are a few examples of popular jobs for visual learners:

- Accounting
- Animation
- Architecture
- Drama
- Graphic Design
- Mechanics
- Medicine
- Nursing
- Painting
- Photography
- Piloting
- Software
- Writing
- Videography

What Are the Best Jobs For Auditory Learners?

Auditory learners excel in work that is rich in textual and interpersonal experiences. They flourish in roles that require them to lecture, debate, discuss, listen, and share. Aural learners tend to situate themselves in roles where they can apply their excellent social and communicative skills, like:

- Counseling
- Entertainment
- Journalism and Interviewing
- Law
- Music
- Teaching
- Therapy
- Translation

What Are the Best Jobs For Kinesthetic Learners?

Kinesthetic learners prosper in careers that are hands-on, high-energy, and physically specialized or demanding. Tactile learners seek out roles that require them to engage in repetitive or creative physical routines. Below is a list of popular jobs among individuals with kinesthetic learning styles:

- Acting
- Building
- Cooking
- Dentistry
- Gardening
- Personal Training
- Physical Education and Therapy
- Serving or Bartending
- Surgery
- Sports Coaching or Teaching
- Woodworking

How to Create a Professional Development Plan for Your Learning Style

The surest way to improve your professional skills and further your career is to educate yourself. You can advance your professional skills by tailoring a work and study plan according to your learning style. To create a professional development plan, incorporate materials and activities that coincide with your learning style characteristics.

How Can Visual Learners Reach Their Professional Goals?

Spatial learners can support their professional endeavors by watching How-To Youtube videos, using flashcards, making practice tests, as well as illustrating notes with pictures and symbols. Visual learners can keep track of their career development plans by creating and updating a chart with their goals and progress. Visual learners should also regularly engage in some sort of creative or constructive activity to relax and diffuse stress.

How Can Auditory Learners Reach Their Professional Goals?

Aural learners can advance their skill sets by listening to podcasts, audiobooks, and lectures. To reinforce new information, auditory learners should make songs or rhymes, learn an instrument, or teach someone a newly learned concept. To stay accountable with their professional development plans, auditory-style learners should discuss their progress with a social group or significant other.

How Can Kinesthetic Learners Reach Their Professional Goals?

Tactile learners can sharpen their career competencies by attending hands-on workshops, using a walk or stand desk, taking yoga breaks, or learning a crafting skill. To maximize time spent working and studying, kinesthetic-style learners should work in quiet, cozy spaces with minimal distractions. To maintain their progress and avoid burnout, kinesthetic learners should reward their efforts with a combination of exercise breaks and social interactions.

Your Learning Style Works For You

It is rare that any individual uses one learning style alone. Most of us are dominant in one learning style, yet we eventually alternate and incorporate all three learning styles throughout our lives. Do not be discouraged if you feel your learning style does not fit with your current role or career goals. Individuals of all learning style types can function in any profession; it's merely a matter of understanding yourself and what resources you need.