INTRODUCTION

VARK learning styles are defined as, visual learners, auditory learners, reading-writing preference learners, and kinesthetic learners. This paper explains what my learning preference is, as per the VARK examination. There is also a discussion of how my learning style relates to Cognitivism and Constructivism. Lastly, the way my learning style affects my educational pursuits is explained.

LEARNING PREFERENCE

My learning preference is, multimodal. This means that I prefer to learn utilizing aural, visual, reading and writing, and kinesthetic study strategies. Of these, according to my test results, my strongest preference is aural which is comprised of, “listening, discussing, talking, questioning, and recalling”. The least preferred is kinesthetic strategies which is comprised of utilizing, ones “senses, practical exercises, examples, cases, and trial and error”. (http://vark-learn.com/strategies/aural-strategies/)( <http://vark-learn.com/strategies/kinesthetic-strategies/>)

COGNITIVISM

Cognitivism is a learning theory that is based on what an individual displays in behavior is a reflection of what is going on in the mind. Being that my learning style is multimodal, one could theorize that an adaptation of my environment occurs during the learning process and all of my behavioral characteristics are affected through such experiences. (http://etad.usask.ca/802papers/mergel/brenda.htm#Behaviorism)

CONSTRUCTVISM

Constructivism is a learning theory that has its basis that, all people build their own worldly perspectives through their individual experiences and theoretical models. Because of my multimodal learning preference, it can be concluded that I tend to create a theory of the way things are utilizing, a particular environment, observations, and interactions, as a source of knowledge. The disproving of this theory can be quite impactful on me and in my own experience, somewhat difficult to accept.

EDUCATIONAL IMPACT

The way my learning preference affects my educational pursuit is greatly influenced by my high level of motivation. I’ve come to realize that a traditional education is not an appropriate approach to success, for me. In a traditional learning environment, such as the classroom, the professor or instructor or teacher may use various tools to educate their students. Certainly, they do not have the time to give explanations utilizing all of the various learning strategies. For me, this represents an area of risk of potentially lost learnings. Over time, I have discovered that I learn best with video tutorials, readings, and practice. The video tutorials are especially helpful because of the ability to fast forward and rewind.

CONCLUSION

This paper explained what my learning preference is. Along with a discussion of how my learning style relates to Cognitivism and Constructivism, I discussed the way my learning style affects my educational pursuits is explained. This entailed, identifying my learning preference, identifying a relationship between my learning preference and two learning theories, and an exploration of how my learning preference will affect my educational pursuits.