**How awareness of learning styles can aid personal development.**

**What are learning styles?**

Everybody learns in different ways – some people like to see how something works, some people like to figure it out by trying it, and some people like to be told how it works.

These are the three main learning styles – visual, kinaesthetic and auditory. Most people are a combination of two.

Also, some people learn better alone, whereas some people learn better in a group.

It is important to know your learning style to learn effectively.

**Different learning styles**

*Visual* learners find it easiest to absorb new information by seeing it – by watching someone else do it in real life or in a video, by seeing diagrams and pictures, and by observing how something works.

*Kinaesthetic* learners learn best by doing the thing they are learning about – actually doing a physical task, or trying examples of problems, or using a physical analogy of an intangible problem.

*Auditory* learners find it easiest to learn by hearing information – Having someone tell them about it, or reading things aloud.

Many people have a combination of two learning styles, so an auditory/visual learner would benefit a lot from watching a video with diagrams and a spoken explanation, whereas kinaesthetic/auditory learner would learn best by listening to an explanation as they tackle the problem.

**How does awareness of your learning style help personal development?**

Personal development is largely about learning – be it learning new skills, information, or both.

Therefore, in order to maximise development, it is necessary to know your learning style. If someone wishes to learn a new skill – say, learning to give presentations, and they are a visual learner. If they read books about giving presentations, they will develop much more slowly than if they had lessons or watched videos. If they *did* watch videos or have someone show them what to do, they would find it easier to understand and retain the information and therefore learn the skill quicker.

This is true of learning anything – it is best to learn it in your preferred learning style, as you will find it more interesting and retain the information for longer.