4. The 14 Sub-factors of the ALM

The **14 sub-factors** of the ALM cover a range of learning dimensions, from sensory input preferences to study strategies and self-regulation:

Dimension	Primary Theory	Alignment with ALM
1. Visual	Sensory Processing Theory	Guides use of diagrams, charts, and color-coding so learners can convert abstract ideas into clear visual representations.
2. Auditory	Sensory Processing Theory	Encourages incorporation of spoken explanations, podcasts, and read-aloud sessions to strengthen retention through sound.
3. Reading/ Writing	Textual Engagement Theory	Recommends structured note-taking, summarization, and written practice to deepen understanding via text.
4. Kinesthetic	Experiential Engagement Theory	Promotes hands-on activities—like building models or role-playing—to turn concepts into tangible experiences.
5. Preferred Study Environment (Quiet)	Environmental Context Theory	Helps students identify when a calm, distraction-free space boosts focus on individual tasks.
6. Preferred Study Environment (Interactive)	Environmental Context Theory	Highlights the benefit of group discussions, peer review, and collaborative tools for idea exchange and motivation.