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Learning Styles

I do, to an extent, believe that learning styles can affect how a person learns. For example, I have often struggled with auditory information. I always found it difficult to absorb the information in a spoken lecture, through a video, or even impossible to follow the verbal directions of a kind stranger. My husband and I actually have a system for this last one: he finds it difficult to initiate conversation and thus ask for directions, while I find it laughable that I might remember ***anything*** that the direction-speaker says. So, I ask and he listens and we find our way together.

Am I surprised at my results of a mostly visual/tactile learner? Absolutely not. I already knew this to be true. Any time I do a search and a video pops up first, I cannot help but get frustrated; just let me read the answer!

My children actually began reading earlier than average because of this auditory deficit of mine. I have always kept captioning on, for everything, because of my difficulty in understanding speech. I have often likened my understanding, or rather misunderstanding, to the child’s game of Telephone. What I hear when someone speaks will sound similar to their original expressions, yet is often a completely different word, phrase or idea. Not to mention that I also have a terrible auditory memory!

After my autism diagnosis, I stumbled upon Auditory Processing Disorder, APD, and immediately inquired about it to the VA. A couple months ago, after a long wait—it ***is*** the VA—I had my 1.5-hour long evaluation. It was the day before my 4.5-hour long neuropsychological evaluation that revealed Autism Spectrum Disorder, ADHD, and an Executive Functioning Deficit, among others. The results, of both evaluations, were not what I was expecting. My auditory results revealed that I do ***not*** actually have APD at all, though just barely. Instead, I have a language-based learning disability, namely listening. The neuropsych eval mirrored these results and additionally stated that I need additional time to process auditory information. Both assessments were conducted individually by different medical offices.

As it stands now, videos and audio clips require much more sustained effort on my part, but hopefully this will be assisted in the very near future. I am currently awaiting the audiologist-prescribed binaural amplification, again, the VA is slow, while also hoping the strongly recommended speech therapy and at-home LACE training gets VA-authorized sooner rather than later. LACE is a [Listening and Communication Enhancement](https://laceauditorytraining.com/) adaptive computer program. As a bid to improve my auditory learning skills myself, I am currently taking a second semester of French! So yes, I do believe there is support for learning types, but feel as though it may only be in certain circumstances, otherwise a mesh of inputs is preferable for learning **and** retaining new information!

**What's Your Learning Style? The Results**

**Tanya's scores:**

* Auditory: 20%
* Visual: 40%
* Tactile: 40%

You are a **Visual/Tactile** learner! Check out the information below, or [view all of the learning styles](http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml).

**Visual**

If you are a visual learner, you learn by reading or seeing pictures. You understand and remember things by sight. You can picture what you are learning in your head, and you learn best by using methods that are primarily visual. You like to see what you are learning.

As a visual learner, you are usually neat and clean. You often close your eyes to visualize or remember something, and you will find something to watch if you become bored. You may have difficulty with spoken directions and may be easily distracted by sounds. You are attracted to color and to spoken language (like stories) that is rich in imagery.

Here are some things that visual learners like you can do to learn better:

* Sit near the front of the classroom. (It won't mean you're the teacher's pet!)
* Have your eyesight checked on a regular basis.
* Use flashcards to learn new words.
* Try to visualize things that you hear or things that are read to you.
* Write down key words, ideas, or instructions.
* Draw pictures to help explain new concepts and then explain the pictures.
* Color code things.
* Avoid distractions during study times.

Remember that you need to **see** things, not just hear things, to learn well.

**Tactile**

If you are a tactile learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands and with gestures, and you may have difficulty sitting still.

As a tactile learner, you like to take things apart and put things together, and you tend to find reasons to tinker or move around when you become bored. You may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process. You often communicate by touching, and you appreciate physically expressed forms of encouragement, such as a pat on the back.

Here are some things that tactile learners like you can do to learn better:

* Participate in activities that involve touching, building, moving, or drawing.
* Do lots of hands-on activities like completing art projects, taking walks, or acting out stories.
* It's OK to chew gum, walk around, or rock in a chair while reading or studying.
* Use flashcards and arrange them in groups to show relationships between ideas.
* Trace words with your finger to learn spelling (finger spelling).
* Take frequent breaks during reading or studying periods (frequent, but not long).
* It's OK to tap a pencil, shake your foot, or hold on to something while learning.
* Use a computer to reinforce learning through the sense of touch.

Remember that you learn best by **doing**, not just by reading, seeing, or hearing.