

## Section One: Learning Styles

### I. What is a Learning Style?

***A. If we want to learn something rapidly, the material needs to be presented to us in our most developed pathway to the brain—our learning style***

***B. the four main learning styles:***

1. **visual**—learn by seeing
2. **auditory**—learn by listening, hearing themselves talk, and discussing thoughts with others
3. **tactile**—learn by touching or feeling sensation on the skin, using hands and fingers, connecting what they learn to their sense of touch or emotion
4. **kinesthetic**—learn by moving, getting actively involved in learning process through simulations, role-play, experimentation, exploration, movement and participation in real-life activities

### II. Learning Styles and the Brain (the Web)

***A. As our brains are exposed to stimuli, new interconnections between nerve cells are created (called plasticity)***

1. when we receive stimuli in some areas more than others (e.g. visual), we develop learning patterns in those areas
2. as certain areas develop more than others, we tend to best absorb new information when it is presented in that way

***B. to accelerate learning, new information should be presented in our best learning style***

### III. How Learning Styles Develop

***A. three ways learning styles develop:***

1. genetically inherited (you're born with it)
2. a result of exposure to certain stimuli over a long period of time (e.g. school is mostly auditory and visual)
3. due to one's reliance on that particular sense for survival (e.g. a blind person usually has an acute sense of hearing and/or touch)

***B. your accelerated pathway to learn new things is the best combination of the learning style(s) you were born with and those you have develop in the environment in which you were raised***

***C. Should you develop other learning styles that you are not proficient in? Yes, but not to the exclusion or detriment of your preferred learning style(s). If you want to learn something quickly, learn it through your preferred learning style.***

## **Section Two: Brain Hemispheric Preference**

### **I. What is brain hemispheric preference?**

***A. Many people process and store information using one side of the brain more than the other. In general:***

- 1. right brain***—global, simultaneous, needs to see big picture, watches body language, perceives emotions of others well, imaginative
- 2. left brain***—language and symbol oriented, thinks sequentially (step-by-step), listens to words instead of body language, creative with existing material

***B. Neither side is superior to the other. As we grow up, however, we often use one side more than the other and it becomes more developed.***

- 1. even for tasks that would be more easily accomplished with our “weak” side, we still try to rely on our preferred side***
- 2. this is one reason why people have difficulty learning; it’s like being forced to write with your left hand when you’ve written with your right hand all your life***

***C. Can (and should) we develop the other side of our brain if we have a preference? Yes, it will help you to better process information that is taught in differing styles, but it takes time.***

- 1. Learn something new through your preferred side.***
- 2. When not learning, develop the underdeveloped side of the brain (I’ll show you how later)***

### ***D. Difference between learning style and brain hemispheric preference***

- 1. *learning style* relates to different ways of receiving data and conveying those messages from the senses to the brain**
- 2. *hemispheric preference* deals with how we process, think about, and store the data once it reaches the brain**

***Superlink***—combination of your learning style and brain hemispheric preference to find the best way for you to learn

### **Common Left-Brain/Right-Brain Attributes**

<b>LEFT HEMISPHERE</b>	<b>RIGHT HEMISPHERE</b>
Controls movement of the right side of the body	Controls movement of the left side of the body
Receives sensory and tactile input from the right side of the body	Receives sensory and tactile input from the left side of the body
Processes symbolic language: letters, numbers, words, language, ideas, concepts	Processes sensory experience that is concrete: sights, sounds, or sensory impressions without words, or with words that have strong sensory association
Verbal communication	Nonverbal communication: reads facial gestures, body language, tones of voice, and emotional cues
Step-by-step, linear, sequential order	Simultaneous, global, big picture
Temporal: Perceives time order (a function of having step-by-step, linear, and sequential order)	Nontemporal: not aware of time order (due to lack of step-by-step, linear, and sequential order)
Analyzes by breaking down into parts	Synthesizes by connecting parts into whole
Part-to-whole learning	Whole-to-part learning
Poor visual-spatial relationships	Good visual-spatial relationships: arranging blocks, drawing three-dimensional objects, etc.
Listens more to words than emotional overtones	Perceives other's emotions
Music: timing, sequential or linear aspects of music production, analyzing music	Music: playing by ear, holistic appreciation of music, synthesizing different sounds into a whole
Creative with existing material	Creative by thinking of that which does not yet exist, inventive, imaginative