

The **VAK** Learning System

The first evaluation is to find out if student learns better by hearing, seeing, or moving information as a part of processing it. Every person's learning style is either or a combination of auditory, visual, or kinesthetic (tactile) in terms of the way he or she learns best. No particular style is better than the others; it is all about what works best for the individual.

The learning styles are put together by a system in which is **VAK**. VAK stands for **V**isual, **A**uditory, and **K**inesthetic (Tactile). The theory is one prefers to learn through one of these sense channels.

Visual Learning Style



learn through seeing . . .

These learners need to see the teacher's body language and facial expression to fully understand the content of a lesson. They tend to prefer sitting at the front of the classroom. They may think in pictures and learn best from visual displays including: diagrams, illustrated textbooks, overhead transparencies, videos, flipcharts, use of interactive whiteboards, and hand-outs. During a lesson or classroom discussions, visual learners often prefer to take detailed notes to absorb the information.

- ❖ Highlight important points in text.
- ❖ Use books on tapes.
- ❖ Use a tape recorder to tape lectures, presentations, directions, etc.
- ❖ Learn to use text glossary, indexes, appendices, chapter summaries, etc.
- ❖ Preview texts.

Auditory Learning Style



learn through listening . . .

They learn best through verbal lessons, discussions, talking things through and listening to what others have to say. Auditory learners interpret the underlying meanings of speech through listening to the tone of voice, pitch, and speed. Written information may have little meaning until it is heard. These learners often benefit from reading text aloud and using a tape recorder.

- ❖ Discuss their ideas.
- ❖ Work in study groups.
- ❖ Recite information that is important to remember.
- ❖ Review printed material before auditory information is presented.
- ❖ Repeat back instructions just heard to check clarity.

Kinesthetic (Tactile) Learning Style



learn through moving, doing, and touching . . .

Kinesthetic learners learn best through a hands-on approach, actively exploring the physical world around them. They may find it hard to sit still for long periods and may become distracted by their need for activity and exploration.

- ❖ Take frequent study breaks.
- ❖ Work at a standing position.
- ❖ Listen to music while they study.
- ❖ Bring some type of “grip toy” to class to hold on to.
- ❖ Skim through reading material to get a rough idea what it is about before sitting down to read it in detail.

“No one person uses one style of learning exclusively, but they do have preferred learning styles. It is therefore important to attempt to cater for all learning styles during lessons to enable the most efficient learning to take place.”