



# Discover Different Learning Styles to Improve CME



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## Abstract

Learning styles are divided into four categories, such as visual, auditory, read and write, and kinesthetic style. Knowing the different learning styles can help us to plan strategies and educational activities for the purpose of presenting the new information in a friendlier way, thus facilitating the learning process in every individual.

**Keywords:** continuing Medical Education; VARK Learning Styles; Learning Styles; Visual Learner; Auditory Learner; Read and Write Learner; Kinesthetic Learner

## Introduction

The learning style concept has gained widespread recognition in education theory and classroom management strategy. Technically, an individual's learning style refers to the preferential way in which the student absorbs processes, comprehends, and retains information. Identifying which of the various learning styles predominates in one or another person among a group of students is not an easy task, but it is possible, and may serve as a basis for implementing different educational strategies, and diversifying educational activities, to achieve the learning outcomes in a heterogeneous group of students, or to individualize and maximize achievements in each subject [1].

## Discussion

At present, it is of the utmost importance to maximize learning among adults who want to improve their work skills without having large amounts of time available, to achieve their objectives in the field of training as well as continuous improvement. Recognizing the different learning styles among people represents a window of opportunity for educators in various areas of human endeavor [2]. The different learning styles are divided into four categories, such as visual, auditory, read and write, and kinesthetic style. It is important to emphasize

that each person is capable of learning through all the learning styles, but usually there is one that predominates over the others [3].

**a. Visual Learners:** Visual learners are those who learn through seeing things, preferring the use of images, graphics, illustrations, and maps to process the new information [3,4].

**b. Auditory Learners:** Auditory learners are those who understand better the new contents through situations where they can speak and listen, such as group discussions, reading to self-aloud, repetition and mnemonics [3,4].

**c. Read and Write Learners:** Students with a strong read and write preference learn best through words, text, and dialogue. Read and writers best learn through simply reading, and have an easy time memorizing lines for a play [3,4].

**d. Kinesthetic Learners:** Students who are kinesthetic learners best understand the information through tactile representation of the information, carrying out physical activities, rather than listening to a lecture or watching demonstrations. People with a preference for kinesthetic learning are also commonly known as "doers." [3-5].

## e. Recommendations

### i. For Visual Learners

- A. Utilize graphic organizers such as charts, graphs, and diagrams.
- B. Redraw your pages from memory.
- C. Replace important words with symbols or initials.
- D. Highlight important key terms in corresponding colors.

### ii. For Auditory Learners

- A. Record your summarized notes and listen to them on tape.
- B. Talk it out. Have a discussion with others to expand upon your understanding of a topic.
- C. Reread your notes and/or assignments aloud.
- D. Explain your notes to your peers/fellow "aural" learners.

### iii. For Read and Write Learners

- A. Write, write, and rewrite your words and notes.
- B. Reword main ideas and principles to gain a deeper understanding.
- C. Organize diagrams, charts, and graphic organizers into statements.

### iv. For Kinesthetic Learners

- A. Use real life examples, applications and case studies in your summary to help with abstract concepts.
- B. Redo lab experiments or projects.
- C. Utilize pictures and photographs that illustrate your idea.

## Conclusion

In conclusion, knowing the different learning styles can help us to present the information in a friendlier way, thus facilitating the learning process in every individual, no matter if we are in the situation of facilitator of Continuing Medical Education, or if we are able to acquire new knowledge.

To find out your learning style visit: <http://vark-learn.com/the-vark-questionnaire/>

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