

DIFFERENT LEARNING STYLES



Different Learning Styles

Visual



Auditory



Autodidactic



Reading



Kinesthetic



Visual -requiring information in form of pictures, signs, demonstrations over just hearing words.

Reading - processing information through words on a page, board or device.

Auditory - learning through audio information, such as talks, podcasts or audiobooks.

Kinesthetic - learning through body movements and being practical rather than sitting down at a desk

Autodidactic - becoming self-taught in subjects that someone is naturally interested in.

Logical/analytical – use logical and their reasoning to process information and understand concepts. They can often be pattern seekers and be effective at collecting data.

Social/linguistic – learners who enjoy education when part of a group or working with their peers on projects and activities.

Solitary – for individuals who are best learning on their own rather in groups.

Nature learners – those who thrive when learning outdoors, such as within forest schools. Many neurodivergent people appear to thrive in these settings compared to traditional education.

Exploring how you learn can have a positive impact on your life

All learning styles are valid.

Our needs are fluid and change over time. Often our learning styles will change to reflect this.

Ensuring that there are a variety of learning options available is key to meeting people's needs.

It might be that your learning style changes depending on the context. For example, there might be times when you prefer to learn through a visual or kinesthetic means, or you might be best learning in your own way (autodidactic).

Alice



"I have always been a very visual learner, at secondary school I would take my notes and textbook home with me and reteach myself.

I would put the information given to me (that I couldn't understand or retain in my lessons) and would break it down into colourful speech bubbles in spider diagrams.

I have and continue to always learn and work best when I'm physically on my own sat in comfy clothing, on a sofa or bed with my duvet on my lap (my safe space)"



Laura

"I'm a doer. I have a hard time grasping a concept unless I actually have the tools in my hands or what I'm learning about in front of me.

I think this naturally led me into healthcare as I much preferred actively doing what I was learning. That way I had context, built muscle memory & could take in all of the sensory information as well.

It's much easier for me to then remember.

If I can't be hands-on, I then have to pretend to teach the subject. Literally whisper it out loud and think of what questions might be asked based on what I said."



Scott

“Understanding monotropism has been influential for me in recognising how I learn. If I am not given the opportunity to be in a flow state I can struggle to focus or take in any information, whether this be from reading a book, article or listening to a seminar.

When allowing my monotropic brain the time and space to immerse myself in learning, I am far more productive. Whereas I recognise when juggling numerous topics or being pulled in other directions that it is impossible for me to process anything.

Overall, I am still understanding my own learning style and what I need in my environment.”

Resources

Monotropism.org.

Inclusive Education for Autistic Children (Book)

Learning from Autistic Teachers (Book)

The Teacher's Introduction to Pathological Demand Avoidance (Book)

The Educator's Experience of Pathological Demand Avoidance (Book)

Square Pegs (Book)