Learning Preferences

What Is Learning?

Two Models of Learning

I. Learning as the acquisition of a body of knowledge (e.g., facts, concepts, skills, problem solving strategies)

II. Learning as a “process of engagement in a social practice … [that leads to] becoming a different type of person.”


What Are Learning Preferences?

- A person’s characteristic patterns of strengths and weaknesses when perceiving, processing, and retrieving information.

The Learning Style Inventory

The Learning Process

1) Perceiving: How we think about things
2) Processing: How we do things

Mode 1: Concrete and reflective learners who want to match information to current interests.

Mode 2: Abstract and reflective learners who prefer logical theories to practical approaches.

Mode 3: Abstract and active learners who seek to put new ideas into practice.

Mode 4: Concrete and active learners who use theories to solve real problems.

Concrete Experience [Feeling]

Active Experimentation [Doing]

Abstract Conceptualization [Thinking]

Processing Continuum

Reflective Observation [Watching]
VARK

- Focuses on the types of information people prefer to utilize during the learning process.

**Visual**
Visual learners prefer to receive information through charts, diagrams, graphs, and maps.

**Aural**
Aural learners prefer to receive information by listening and through discussing.

**Read-Write**
Read-Write learners prefer to receive information through the written word.

**Kinesthetic**
Kinesthetic learners prefer to receive information through experience and concrete practice.

**Multimodal Learners**
Multimodal learners are adept at using two or more of these learning preferences.

Understanding one’s learning preferences can help develop effective strategies for successfully managing academic coursework and learning how to adapt to different instructional styles.

**Resources**
Berkeley Center for Teaching & Learning