Learning Styles Test

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Learning Styles Test

I took the VARK Learning Test, a type of learning test that implies that what sort of learning style suits every individual.

1. **Analyze your score and identify your own learning style.**

The results showed that I chose 2 Vs, 3As, 2 Rs and 6 Ks, which implied that I preferred Kinesthetic style of learning. The learning style that best suited me was Kinesthetic. Kinesthetic style of learning implies hands-on learning and involves practical experience. The people learning through Kinesthetic learning style learn from experience, rather than other types of learning.

2. **Explain how do you study/learn best.**

As per the results of my VARK test, my preferred learning style is Kinesthetic. Kinesthetic style of learning involves hands-on experience and in this learning style, the learner learns through his or her own experience. It is an established fact that I prefer to learn from my personal experience. I like to do things on my own and infer results from that experience.

**3. Describe the 4 learning styles and provide examples for each one**

Learning style is the term used for the phenomenon that every individual learns differently. Science and technology understand this fact that all individuals are not the same and every person has their own set of unique skills and capabilities, which they utilize to gather and grasp information. There are four significant styles of learning, which sum up almost all the learning styles and every individual has one of them in them. Every individual can be characterized by one of these learning styles (Entwistle, & Ramsden, 2015). The four types of learning styles are explained as follows.

**Visual**

Visual learners make the most use of their sense of sight to grasp the knowledge and information around them. They learn things using their optical power and analyze things mostly using their sense of sign. For such learners, images are the best source for learning. Apart from that, this type of learners also learns significantly from graphics, maps, and visual aids.

**Auditory**

Auditory learners learn best through the use of Audio-Visual aids. They perform well when they are taught using the techniques which are mostly based on auditory content. Repetition of the same audio or the piece of recording works best for them. Mnemonic devices are also a helpful way to make them learn. Aural learners learn much better while listening and during group discussions as well.

**Read & Write**

These students learn much better through reading and writing as their reading and writing skills are much stronger than the other people. Words work best for them. These learners take notes very carefully and show great interest in reading. These learners are also great essay writers and can translate complex sentences into simple text in minutes. Such people can also best express their ideas in the form of writings that is why they become great writers, authors, and poets. Essay, written notes, facts and figures in written form, stories, are the best source for their learning.

**Kinesthetic**

Kinesthetic style of learning includes tactile learning. Such learners learn best when they get the personal experience of the things, and they perform the actions by themselves. They love to learn hands-on experiences and try to build their own opinion on the basis of the result of that experience. Lab practices, field jobs, on the job pieces of training, work best for such learners.

**4. Define what is learning? (Use APA, citations/references)**

Learning is a process in which the learners acquire, grasps or modifies the existing knowledge in his or her mind (LeCun, Bengio, & Hinton, 2015). The learner can also acquire or alter in the knowledge, facts — figures, behavior, skills, abilities, preferences or values. Learning ability has been found to be primarily in humans, animals, and some machines.  **5. How could you apply this Learning Styles evaluation in your future career?**

Kinesthetic learning can help me significantly in choosing my career path and work on it in a better way. Kinesthetic learners can make a great career as Physical therapists, Carpenters, Farmers, Coaches, Mechanists and much more as all these fields require practically applying knowledge and learning skills.

**References**

Entwistle, N., & Ramsden, P. (2015). *Understanding student learning (Routledge Revivals)*. Routledge.

LeCun, Y., Bengio, Y., & Hinton, G. (2015). Deep learning. *Nature*, *521*(7553), 436.