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Change How You Learn

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In this section we will explore the following topics:

- Learning styles and preferences

- Mind mapping

- Assistive technology software

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Learning Styles and Preferences

It was once said:

'You can't judge a fish by its ability to climb a tree'.

Similarly, we cannot expect to achieve our best if we are using learning approaches that do not suit our preferred learning styles or needs.

Learning Styles and Preferences

There is no single learning style that works for everyone. If you are struggling to absorb information in one way, it's possible that you just haven't found the learning style that works best for you yet.

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Learning Styles and Preferences

. Visual: A preference for learning from charts, graphs, diagrams, and other visual depictions of information.
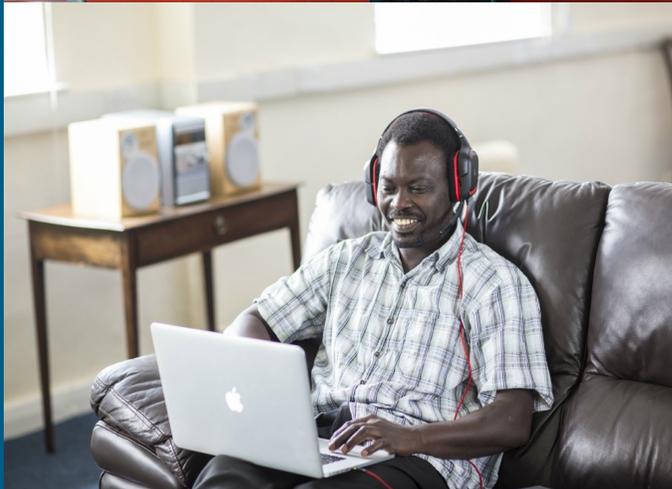
. Aural: A preference for learning in ways you can hear. This includes group discussions, radio, lectures, etc.

https://vark-learn.com/

Learning Styles and Preferences

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. **Read/Write:** Information conveyed in text. This includes books, PowerPoint slides, quotes, and the internet.

. **Kinaesthetic:** This form of learning includes live demonstrations, simulations, and recreations of the subject matter.

Find out the best learning style for you with the **VARK questionnaire.**

https://vark-learn.com/

Mind Maps

Mind mapping can be used for note taking, revision and assignment planning.

Using a visual aid can be a big help, and mind maps help to identify key information and create links in a striking and visual way.
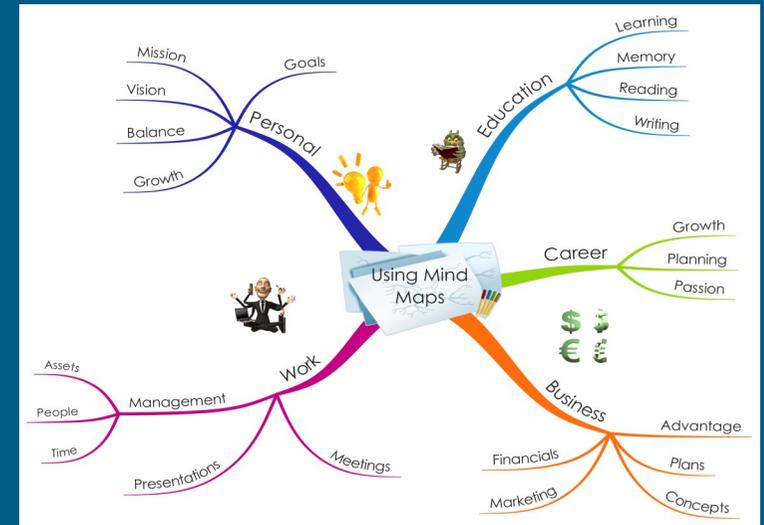
Mortimore, T. (2008). *Dyslexia and Learning Style: A Practitioner's Handbook, Second Edition* Chichester, John Wiley & Sons.

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Mind Maps - Assistive technology software

You can create mind maps however suits you best, be it with pen and

paper or specialist digital programs such as:

- **MindJet Mind Manager**

https://www.mindmanager.com/en/ (available on all University computers)

- **Miro**

https://miro.com/mind-map/?

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Checklist

☐ Can you identify the four key learning styles?

☐ Have you tried using the VARK questionnaire to identify your preferred learning style? https://vark-learn.com/

☐ Have you tried using mind mapping as an organisation method?