

Lesson Plan 14: Learning Styles


50 minutes total

Lesson Description



In this lesson, participants discuss some of the different ways in which people learn and the need for engaging multiple learning styles while training. Participants analyze specific activities that can engage multiple styles of learning.

Learning Outcomes



At the end of this session participants will be able to:

1. Explain three foundational learning styles: visual, auditory, and kinesthetic.
2. Describe why training should include activities that engage multiple learning styles.

Materials



- Flip chart paper
- Paper
- Tape
- Markers
- Pens/pencils
- Active Learning Puzzle Pieces* (See Active Learning lesson; 1 copy)
- Learning Styles Table* (See “Exploring Learning Styles Activity” instructions below)

Preparation



- Read and prepare lesson plan
- Write the learning outcomes on the flip chart
- Prepare the *Learning Styles Table*

Introduction

5 minutes


1. Ask the participants: “In coming here today how did you find the location? If you have been here before, how did you find it the first time?” *Participants will likely have different types of responses – read the directions, looked on a map, used GPS, practiced the route beforehand, etc.*
2. Ask the participants: “Why did different people use different ways to find the same information?” *People have different preferences for how they take in and remember information.*
3. Ask participants: “How do you think this relates to the overall process of learning?” *Each of us has preferences in terms of how we process and retain information. Yet despite our preferences, we are still able to utilize other methods of learning.*

4. Present the learning outcomes or lesson description.

Identifying Learning Styles

15 minutes



1. Tell participants that while the process of how people learn is not fully understood, one of the most common theories of how people learn is called the VAK model: visual, kinesthetic, and auditory.
2. Ask the participants: "What do you think each of these means?" As the participants respond, record their answers on the flip chart under the three main categories.
 - Visual: Learn through seeing, watching, or reading
 - Auditory: Learn through listening and speaking
 - Kinesthetic: Learn through doing and physically moving
3. Designate three areas of the room as Auditory, Visual or Kinesthetic.
4. Explain that while everyone learns in multiple ways, you would like the participants to choose the area of the room they feel represents how they learn best.
5. Ask the participants to go to the area of the room which best represents their preferred learning style.
6. Give them five minutes to discuss with the people in that area:
 - Why they think they learn best in that way
 - Examples of how they learn most effectively
7. In the large group, ask each learning style group to share the examples of how they learn effectively. Reiterate that no one is limited to only one particular way of learning, and that participants will likely identify with multiple styles of learning.

Exploring Learning Styles

20 minutes



1. Tell participants that they are going to work in small groups of 2-4 people to complete a table that illustrates which types of learning activities activate particular learning styles.
2. Each group will be given a few activities. They will need to decide which learning styles are activated by those activities.
3. Post the *Learning Styles Table*. It should look like the table below, with more rows for activities. To save time, you may want to pre-prepare the list by writing down all the activities on the table in advance.

Activity	Kinesthetic	Visual	Auditory

4. Divide participants into groups, and equally distribute the *Active Learning Puzzle Pieces* among them.
5. Allow 5 minutes for participants to discuss what learning styles are activated by the activities on their puzzle pieces.
6. Ask each group to post their activities on the table at the front of the room, and to check off which learning styles each activates.
7. As a large group ask participants to look at how the activities have been classified, and identify any activities they believe have been classified incorrectly. Discuss these activities as a full group and change the classification if required.
8. Discuss the significance of the results. *As trainers, if we incorporate a mix of instructional techniques into our trainings, we will involve the largest number of participants across multiple learning styles. We want to ensure our activities, and our trainings, are diverse and engaging for all learners.*

Review**10 minutes**

1. In small groups, ask the participants to create a cheer or song with movements (like a cheer at sporting event) to explain the three basic learning styles.
2. Give participants 5 minutes to create their cheer/song and then share it with the full group.

Reflections on Lesson





