**Section One: Getting Started**

**1.3. Getting to Know your Learning Style**

Knowing how to learn or the learning style (learning mode) is of paramount importance to the learners and teachers alike. The literature review shows that there are many learning styles: *visual, auditory, sequential, global (spatial),* and *kinesthetic.* Other classifications include *intrapersonal* and *interpersonal learners*. Wood (2000) uses a different terminology to refer to these styles: *eyes, ears, order, images* and *doing*. He maintains that people have one style of learning which is dominant, but they tend to combine two or more styles in use. Some students use only one sense in order to get the main points from a lecture, for instance. Others, however, rely on more than one sense with varying degrees. Understanding one’ own learning mode is widely significant. This can alleviate some of the burdens of learning, and minimize the learners’ struggle to get the maximum from a given lecture. It equally aids the student through enabling him to take notes from a lecture more effectively relying on his style of learning. Learners are classified according to their learning styles as:

* *Visual learners:* they rely more on vision i.e. they learn better if the material is presented through pictures, tables, diagrams, etc.
* **Auditory learners:**they tend to use their ears more to receive information; they are active listeners.
* ****Sequential learners:** they learn information in an organized way which is based on logical steps and a particular order.
* ****Global learners:** they prefer to treat things wholly i.e. without making connections between the constituent parts.
* **Kinesthetic learners:**involving the hands or the whole body is a characteristic of this type of learners. They rely more on touch and movement.

Other classifications of learning styles and types of learners may include: *Intrapersonal learners* who prefer to study individually and *interpersonal learners* who learn better through pair and group work.