

Learning Styles: We All Learn Differently!

Some of us learn better by seeing, whereas some learn by hearing or doing! Identify your learner's style to better help them absorb new information and learn new skills.

The VARK[®] Model has 4 learning styles:



Visual: learn best by seeing. Use pictures, diagrams, models, and/or videos.



Auditory: learn better by listening. Respond to verbal instructions, discussion, voice memos, audiobooks, etc.



Reading/Writing Learners: learn through reading and research. Write out instructions, take notes, make lists, and/or conduct research.



Kinesthetic: learn when they have hands-on learning. Use role-play and hands-on activities.

Persons with Autism Spectrum Disorder (ASD) tend to learn best using **visual, concrete, and experiential** teaching strategies because:

- Auditory and sensory processing delays make it difficult for some persons with ASD to learn through auditory means (e.g., verbal instruction)
- Persons with ASD may have difficulty understanding abstract concepts (e.g., time)

Understanding visual, concrete, and experiential learning is important due to its effectiveness in teaching new skills and concepts.

Visual: learning by seeing (e.g., watching someone complete the steps for making pasta)

Concrete: making abstract concepts, concrete (e.g., using a timer to show “15 minutes”)

Experiential: learning by experiencing the skill in context (e.g., learning to buy shopping ingredients to make pasta at the store)

Each person with ASD will have their unique learning style therefore it is important to individualize teaching. The outlined strategies above may not apply to all learners.

A Guide to Learning Styles. (n.d.). Retrieved from <https://vark-learn.com/>