

Learning Styles

We All Learn Differently

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 Four Learning Styles



Visual Learners

- learn best by seeing
- use pictures, diagrams, models, videos



Auditory Learners

- learn best by listening
- respond to verbal instructions, discussions, voice memos, audiobooks



Reading and Writing Learners

- learn best by reading and researching
- write out instructions, take notes, make lists, conduct research



Kinesthetic Learners

- learn best through hands-on instruction
- use role-play and hands-on activities

Persons with Autism tend to learn best using visual, concrete, and experiential teaching strategies because:

- ◆ auditory and sensory processing delays make it difficult for some persons with Autism to learn through auditory means (e.g., verbal instruction)
- ◆ persons with Autism 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/>

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