

## Practice Supervisor Bitesize Learning 4 – An Introduction to VARK Learning Styles



**Learning outcome – explore how a knowledge of different learning styles supports teaching and learning in practice**

Access and read [Fleming & Baume \(2006\)](#) who write about VARK learning styles and highlight that

- A person’s preferred learning style can greatly influence how they learn.
- A person’s preferred learning style should be matched with appropriate learning strategies if possible.
- Information that is accessed through the persons preferred learning style results in an increase in their levels of comprehension, motivation, and understanding

Fleming, N., and Baume, D. (2006) *Learning Styles Again: VARKing up the right tree!*, Educational Developments, SEDALtd, Issue 7.4, Nov. 2006, p4-7.

Now watch this short video that highlights the VARK learning styles

[Finding Your Learning Style VARK Explained - YouTube](#)

Reflect and make some notes

### VARK Learning Styles – Developing communication skills



Visual

Watch how others communicate

Watch video resources about effective communication and reflect



Aural

Listen to the way others communicate and reflect on this

Verbalise how to do this to build confidence



Read/write

Read about effective communication

Write goals/scripting



Kinesthetic

Make notes

Use the notes for scripting for handovers or complete drafts of reports

You are the practice supervisor for a student in your area. You have been asked to teach a skill relevant to your practice, please consider how you would accommodate each of the 4 learning styles when teaching this skill.



Make a note below how you would facilitate learning when teaching this skill incorporating each of the preferred learning styles.

| Visual | Aural | Read/Write | Kinaesthetic |
|--------|-------|------------|--------------|
|        |       |            |              |

Reflect on a situation when a learner needed additional support with their learning. Would delivering the information in a different way helped in this situation. Make some notes below:



Your student may already be aware of their preferred learning style. However if they are not it could be useful to offer this assessment as part of your initial meeting with your student. You may also find it useful to assess your own learning style. Reflect beforehand what you think your style may be and compare this to the actual test results. Were you surprised by the results?

You can access the VARK learning styles assessment [here](#)

The activities in this workbook have been designed to enable you to experience learning tailored to one or a combination of VARK learning styles. Take a minute to reflect on what activity you preferred and felt you learned the most from. Is this because the activity matched your preferred learning style?

NES learning unit 2 contains more information about learning styles

You can access this unit on [TURAS learn](#)

**This worksheet is number 4 of 4, other available worksheets are**

Worksheet 1: Creating a Positive Learning Environment

Worksheet 2: Setting SMART Learning Objectives

Worksheet 3: Giving Effective Feedback