

# Discover what LEARNING - and therefore COMMUNICATION - STYLES suit you!

You may be surprised but also have an 'aha moment!

AUDITORY *or*  
MUSICAL LEARNER

VISUAL *or*  
SPATIAL LEARNER

*the* LINGUISTIC  
LEARNER

MATHEMATICAL *or*  
LOGICAL LEARNER

INTERPERSONAL *or*  
SOCIAL LEARNER

INTRAPERSONAL *or*  
SOLITARY LEARNER

KINESTHETIC *or*  
BODILY LEARNER

*the* NATURALIST  
LEARNER

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# AUDITORY *or* MUSICAL LEARNER



- Prefers to read things out loud
- Easily remembers what is heard
- Often talks while writing
- Remembers names but can forget faces
- Easily distracted by noise.

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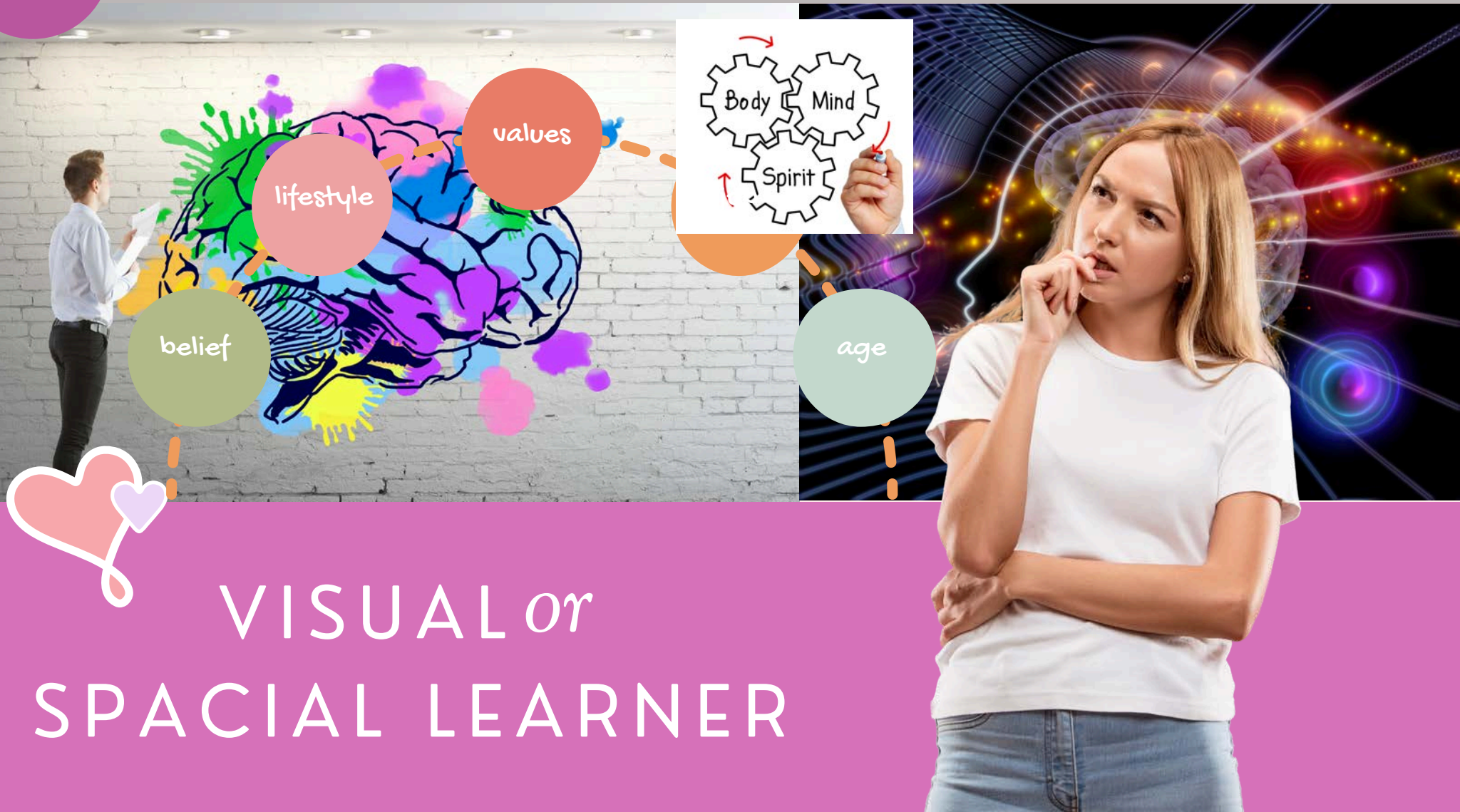
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## VISUAL *or* SPACIAL LEARNER

- Understands more easily with visuals
- Likes to visualise pictures to help remember
- Takes excessive and detailed notes to help understand
- Enhanced reading comprehension through visualising
- Remembers faces but forgets names
- Draws diagrams to explain complicated concepts
- Colour codes or highlights important data.

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Can you guess the word?



C R \_ \_ M

# *the* LINGUISTIC LEARNER

- Prefers word based math problems rather than equations
- Excels at learning other languages
- Likes word games
- Good reasoning skills
- Excellent public speaker or debater.

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## MATHEMATICAL *or* LOGICAL LEARNER

- Great problem solver
- Likes to create systems or procedures
- Asks lots of questions
- Likes to create to-do lists and prioritises
- Likes strategising and games like Chess or Brainteasers.

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# INTERPERSONAL *or* SOCIAL LEARNER

- Enjoys working with partners or small groups
- Values feedback
- Desires frequent interaction with projects
- Enjoys team sports or games
- Good at reading people and getting to the heart of communication problems.

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# INTRAPERSONAL *or* SOLITARY LEARNER

- Self motivated
- Prefers working independently
- Good at self reflection and evaluating their own work
- Knows their likes and dislikes
- Prefers to express themselves rather than memorise facts or figures.

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# KINESTHETIC *or* BODILY LEARNER

- Hands on experience
- Learns by experience and participation
- Learns by exploring and discovering.

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# *the* NATURALIST LEARNER

- Enjoys looking at shapes, patterns, and animals in nature
- Enjoys replicating animal movements
- Learns best outdoors
- Enjoys taking care of animals and skilled at maintaining plants.

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Knowing your learning style  
can make a difference in both how you learn  
and finding what you love to do

Every person is an individual



*You are so much more than you imagine*

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DISCLAIMER: This information is general of either educational or entertainment value and is intended to inspire you to reflect on your own personal journey to wellness.

Information is not intended to replace professional or medical care best provided by medical or mental health professionals, and is not a substitute for medical advice, diagnosis or treatment. Each individual is responsible for their own health and well-being choices.

If you are in crisis, or experiencing mental health difficulties, please consult your medical or mental health professional, or contact your local hospital or crisis centre.