

My Learning Style (E. Sandell) **Based on Learning Styles Online**

advanogy.com. 2003. *Learning Styles Online*. Accessed June 11, 2014 at <http://www.learning-styles-online.com/inventory/>

The Visual (Spatial) Learning Style

I use the visual learning style. I prefer using images, pictures, colors, and maps to organize information and communicate with others. I can easily visualize objects, plans and outcomes in my mind's eye. I also have a good spatial sense, which gives me a good sense of direction. I can easily find my way around using maps, and I rarely get lost. When I walk out of an elevator, I instinctively know which way to turn.

The whiteboard is a best friend (or would be if I had access to one). I love drawing, scribbling and doodling, especially with colors. I typically have a good dress sense and color balance (although not always!).



Common pursuits and phrases

Some pursuits that make the most use of the visual style are visual art, architecture, photography, video or film, design, planning (especially strategic), and navigation.

I tend to use phrases like these:

- Let's look at it differently.
- See how this works for you.
- I can't quite picture it.
- Let's draw a diagram or map.
- I'd like to get a different perspective.
- I never forget a face.

Learning techniques

As a visual learner, I prefer use images, pictures, color and other visual media to help me learn. I will learn best if I incorporate much imagery into my visualizations.

I may have to make my visualizations stand out more. This makes sure new material is obvious among all the other visual images I have floating around inside my head.

Use color, layout, and spatial organization in associations, and use many 'visual words' in assertions. Examples include see, picture, perspective, visual, and map.

Use mind maps. Use color and pictures in place of text, wherever possible. If I don't use the computer, make sure I have at least four different color pens.

Systems diagrams can help me visualize the links between parts of a system, for example major engine parts or the principle of sailing in equilibrium. Replace words with pictures, and use color to highlight major and minor links.

The visual journey or story technique helps me memorize content that isn't easy to 'see.' The visual story approach for memorizing procedures is a good example of this.

Peg words and events come easily to me, however, I need to spend some time learning at least the first ten peg words. Afterwards, my ability to visualize helps me peg content quickly.

The NLP swish technique for changing behaviors also works well for me as it relies on visualization.