

# News From Your School Psychologist

Issue No. 3

Topic: Learning Styles

November 2022

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## What Is Learning Style?

A learning style is the way in which an individual learns. Everyone has their own style of learning. Thus, a learning style refers to the preferred way an individual absorbs, processes, comprehends, and retains information. Some individuals may even learn in more than one way. This learning is commonly done through sight, touch, and sound. Taste and smell can also be effective, although not commonly used.

## What Are The Different Styles?

Depending on your research, you may come across several different types of learning styles. However, the most commonly recognized types are visual, auditory, reading/writing, and kinesthetic (commonly referred to as the "VARK model).

- **Visual** - retain information when it's presented to them visually.
  - **Auditory** - prefer to listen to information.
  - **Reading/Writing** - succeed through writing and reading information for retention purposes.
  - **Kinesthetic** - referred to as "hands-on" learners.
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# Learning Styles

## How Can I Discover My Learning Style?

Identifying your learning style involves understanding how you tend to learn best. You can use this information to your advantage when you study by using learning approaches that work well for you, such as writing out notes, creating mind-maps, using models or reciting out loud. Truthfully, the best approach is through trial and error.

## Take the VARK Quiz!

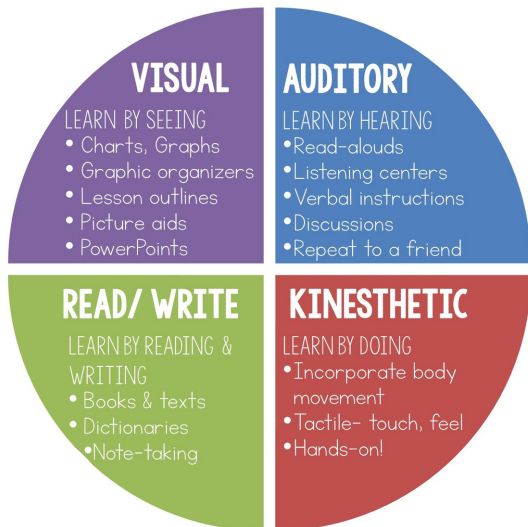
The VARK quiz can help you narrow down your learning style. Try it out using this link:

<https://vark-learn.com/the-vark-questionnaire/>



## How You Help Your Student

You can help your child recognize their learning preferences and style by teaching them or reinforcing strategies they have already learned at school. Below are some ideas for each learning style.



## Note Taking For Every Learner

Cornell note-taking is a popular note-taking method for taking, organizing, and summarizing notes. This method typically results in better overall comprehension. It has also proven to work effectively with all learning styles.

### CORNELL NOTES

- Main Idea	- Key words and ideas
- Key Question (after notes are completed)	- Important dates/people/places
	- Repeated or stressed info
	- Ideas or brainstorming written on the board or projector
	- Info from textbook or stories
	- Diagrams and pictures
	- Formulas

Summary of your notes in your own words

## Apps For Each Learning Style



**Quizlet**  
Visual



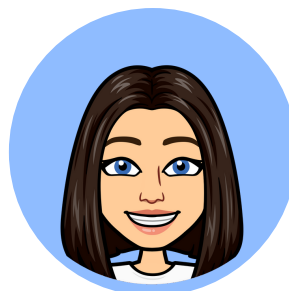
**Good Notes**  
Reading/Writing



**TeacherTube**  
Kinesthetic



**Podcast**  
Auditory



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School Psychologist

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## Group Counseling

Currently, fall groups are in full swing! Current running groups include:

- Coping Skills
- Friendship
- Self-Esteem

Round 2 of groups will be formulated and begin in January 2023. If interested, please reach out to Mrs. Huff or Miss. Synoski for more information.



## Individual Counseling

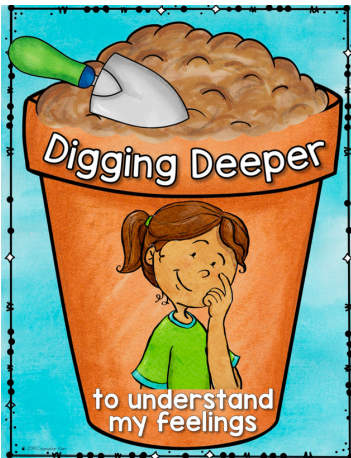
If your student is in need of direct service, please contact Mrs. Huff or Miss. Synoski to further discuss individual session.



# News From Your School Counselor

## Classroom Guidance Lesson

Each month, Miss. Synoski makes her way through classrooms to present important topics in the form of classroom guidance lessons. This month, students are working to "dig deep" and learn more about their emotions.



**Contact Miss. Synoski**  
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