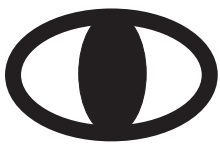


VAK Explanation

The VAK learning styles model suggests that people can receive information in one of three ways. Which of these individuals will be most receptive to will change depending on lots of variables. What we, as coaches, need to do is offer information in each of these ways to cater for everyone.



Visual Someone who is using a Visual learning style has a preference for seen or observe things, including pictures, diagrams, demonstrations, displays, handouts, films, flip-chart, etc. People will use phrases such as 'show me', 'let's have a look at that' and will be best able to perform a new task after reading the instructions or watching someone else do it first. These are people who can work from lists and written directions and instructions.



Auditory Someone who is using an Auditory learning style receives information through listening: to the spoken word, of self or others, of sounds and noises. People will use phrases such as 'tell me', 'let's talk it over' and will be best able to perform a new task after listening to instructions from an expert. They are happy being given spoken instructions over the telephone, and can remember all the words to songs that they hear!



Kinaesthetic Someone who is using a Kinaesthetic learning style responds to a physical experience - touching, feeling, holding, doing, practical hands-on experiences. People will use phrases such as 'let me try', 'how do you feel?' and will be best able to perform a new task by going ahead and trying it out, learning as they go. These are the people who like to experiment, hands-on, and never look at the instructions first!

People can have a preferred learning style, but most will blend all three.

The IDEAS model of delivering new information and skills works well because it provides information in all three ways. During the session there should be occasions when pictures are presented on their own (silent demonstration), speaking are is uncluttered by movement or environment and lots of opportunities to 'try it'.

Thinking Sense

Use the grid below to summarise your score on the learning inventory. Write down the score you have given yourself beside the appropriate number, then total each column.

	Visual		Auditory		Kinesthetic	
1	a		b		c	
2	c		a		b	
3	c		b		a	
4	a		b		c	
5	b		c		a	
6	c		a		b	
7	b		a		c	
8	c		b		a	
9	a		b		c	
	Total		Total		Total	

Learning Style

Use the grid below to summarise your score on the learning inventory. Write down the score you have given yourself beside the appropriate number, then total each column.

	Pragmatist		Reflector		Theorist		Activist	
1	d		b		c		a	
2	c		d		b		a	
3	b		a		d		c	
4	a		b		c		d	
5	a		c		b		d	
6	a		c		d		b	
7	a		b		c		d	
8	d		c		b		a	
9	b		a		c		d	
	Total		Total		Total		Total	