



## Coffee Break Training - Training Programs and Tips

**Learning Styles: Applying Learning Styles Index to Enhance the Learning Experience of Others (Part 3 of 3)**

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**Learning Objective:** The student shall understand how varying styles will enhance learning.

When training or communicating with others, we have information and ideas that we want them to understand in order to learn effectively and efficiently. Your listeners are likely to display a wide range of learning preferences, and your challenge is to provide variety to help them understand and learn.

Your learning preferences influence your preferred teaching and communication methods. For example, if you prefer visual rather than verbal learning, you may tend to provide a visual learning experience with pictures, graphs and other visual media.

Be aware of your preferences and the range of preference of your audiences. Provide a balanced learning experience by:

- Sensory — Intuitive:** Provide both facts and general concepts.
- Visual — Verbal:** Incorporate both visual and verbal cues.
- Active — Reflective:** Allow both experiential learning and time for evaluation and analysis.
- Sequential — Global:** Provide detail in a structured way as well as the big picture.

### Conclusion

Learning styles and preferences fluctuate for everyone when learning, communicating and teaching, and in varying situations when relaying information.

By understanding your learning styles and developing the skills that help you learn in a variety of ways, you will make the most of your learning potential. In addition, because you will be better able to learn and gather information, you will make improved decisions and choose better-quality courses of action.

In addition, by understanding that other people may have different learning preferences, you can become skilled at communicating your message effectively in a way that more people will understand. This is fundamentally important for those who need to communicate effectively.

Take time to identify how you prefer to learn and then compel yourself to break out of your comfort zone. Once you start learning new ways to learn and communicate to others, you will be amazed at how much more you grasp, and how much easier it is to assimilate information and understand circumstances more clearly.

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