

Some Things I've Learned About Learning

Zoë Mertz



Two Main Theories

A grayscale illustration of a hand holding a pen, poised to write on a document. The document has a large question mark on it. The background is a light, textured surface with some faint, darker spots.

*Where's the
evidence?*

visual * aural * read/write * kinesthetic

VARK[®]

a guide to learning styles

Profile	Total %	<i>mild</i>	<i>strong</i>	<i>very strong</i>	Category	Category %
V	4.1	2.9	0.8	0.4	SP	
A	9.0	6.1	2.1	0.8	SP	
R	8.9	5.4	2.1	1.4	SP	
K	14.3	8.7	3.6	12.0	SP	
					Total	36.3
VA	0.9				Bimodal	
VR	1.3				Bimodal	
VK	2.9				Bimodal	
AR	2.3				Bimodal	
AK	6.0				Bimodal	
RK	2.5				Bimodal	
					Total	15.9

TABLE THREE: A recent VARK Database: Distribution of Preferences

VAR	1.1	Trimodal	
VAK	4.2	Trimodal	
ARK	5.1	Trimodal	
VRK	2.4	Trimodal	
		Total	12.8
VARK Type One	7.7	All Four	
VARK Type Two	22.3	All Four	
VARK Transition	5.0	All Four	
		Total	35.0
Total	100%		100%



So What Now?

- Learning methods vs. studying methods
- Metacognition
- Discipline-specific learning
- Varied instructional methods
- Meaningful study strategies

Bibliography

- Ahvan, Y. R., & Pour, H. Z. (2016). The correlation of multiple intelligences for the achievements of secondary students. *Educational Research and Review*, 11(4), 141-145. doi:10.5897/ERR2015.2532
- Armstrong, T. (2018, April 23). Is Multiple Intelligences Research-Based? Retrieved November 19, 2018, from <http://www.institute4learning.com/2018/04/23/is-multiple-intelligences-research-based/>
- Chick, N. (2018, May 07). Learning Styles. Retrieved November 11, 2018, from <https://cft.vanderbilt.edu/guides-sub-pages/learning-styles-preferences/>
- Khazan, O. (2018, April 12). The Myth of 'Learning Styles'. Retrieved November 11, 2018, from <https://www.theatlantic.com/science/archive/2018/04/the-myth-of-learning-styles/557687/>
- May, C. (2018, May 29). The Problem with "Learning Styles". Retrieved November 19, 2018, from <https://www.scientificamerican.com/article/the-problem-with-learning-styles/>
- Newton, P. M., & Miah, M. (2017). Evidence-Based Higher Education – Is the Learning Styles Myth' Important? *Frontiers in Psychology*, 8. doi:10.3389/fpsyg.2017.00444
- Şener, S., & Çokçalışkan, A. (2018). An Investigation between Multiple Intelligences and Learning Styles. *Journal of Education and Training Studies*, 6(2), 125-132. doi:https://doi.org/10.11114/jets.v6i2.2643
- Statistics. (n.d.). Retrieved November 11, 2018, from <http://vark-learn.com/introduction-to-vark/research-statistics/>
- Strauss, V. (2013, October 16). Howard Gardner: 'Multiple intelligences' are not 'learning styles'. Retrieved November 5, 2018, from https://www.washingtonpost.com/news/answer-sheet/wp/2013/10/16/howard-gardner-multiple-intelligences-are-not-learning-styles/?utm_term=.6bd7412bb7dc
- Yale Center for Teaching and Learning (Ed.). (n.d.). Learning Styles as a Myth. Retrieved November 19, 2018, from <https://ctl.yale.edu/LearningStylesMyth>

Goals!

- Coherency
 - Does it make sense as a story?
 - Can you follow all of the science-y bits?
- Speaking slowly and clearly!
- Enthusiasm/generate interest