

VARK Analys Paper

Student's Name

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Course Title

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Date

Introduction

Humans are unique beings, and the free will of life allows each one to live in their own set of terms. When it comes to learning, it is no different, and people tend to grasp information better

As an educator, it is essential to identify the individual learning styles of the targeted students. It takes more than simply acknowledging that each learner is different; one has to know each one personally and how they work. The real challenge is how to incorporate the various learning modalities to cater for each student. Possible ways to achieve these objectives are by engaging the learners in a conversation about the matter in those who learn better via auditory style. Alternatively, an educator can read out the material aloud, have students tape lectures for later review or ask them to make oral summaries. Maps or checklists can be used for visual learners, while writing out the checklists or role-playing would favour the kinesthetic learners. Only by understanding these learning styles can an educator endeavour to prepare their lectures to

Why Educators Should Understand Their Audience Learning Styles and Preferences

No learning style has been proven superior to the other, and more often, students employ a multimodal approach. However, the adoption of appropriate learning technique for an individual was associated with increased academic confidence in handling the subject matter. There was also an increased level of comprehension, metacognition and a sense of motivation. This is because the student feels in control of their learning (Buckley & Doyle, 2017).

Relevance of Learning Styles to Learners' Understanding and Performance

Inappropriate mode of learning leads to hard work rather than smart work. An individual has to do twice the work to understand and commit information to memory.

At least according to VARK, my learning style is mainly Kinesthetic, with a score of 11. This means that I am one to physically carry out activities to learn instead of just reading or listening. This was well depicted by my reading/writing score of 3, and a score of 2 and visual with a score of 1. Compared to a general population of nursing students, the most preferred learning style is kinesthetically followed by auditory, visual, and read/write models in that models. While visual learning offers advantages in quicker communication and simplicity, kinesthetic has the edge over in terms of practicality and better commitment to memory. This issue is a bit of a challenge in reading and auditory methods of learning (Smita et al., 2019).

My Learning Style and Other Learning Styles

When presented in a particular manner that appeals to them, An educational theorist, Neil Fleming, put forward a model describing four learning styles for students, namely, visual learners, auditory, reading/writing and kinesthetic (VARK). Through a series of set questions, the model assesses various strategies adopted by students in learning and gives them a score in relation to the four learning styles (Smita et al., 2019). This paper explores the different learning styles, their importance to a learner and educator, and how to this knowledge in health promotion and behavioural change.

Spelling mistake: endeavour → endeavour

Spelling mistake: favour → favour

Grammatical problem: missing 'to' before

Spelling mistake: kinesthetics → kinesthetic

Spelling mistake: Smita → Smita

in terms of (in, for): in terms of → in

Passive voice: style is kinesthetically L.

Spelling mistake: behavioural → behavioural

Spelling mistake: Smita → Smita

address these issues. It is recommended that the educator makes a point of knowing their audience before initiating learning (Buckley & Doyle, 2017).

Relevance of Learning Styles to Health Promotion and Behavior Change

Health promotion is the process of empowering individuals to have control over their lives

and keep healthy. By successfully adopting healthy lifestyle habits would constitute behaviour change which is the ultimate goal. This can be achieved at three levels; at first, the level is prevention, where individuals are expected to avert disease altogether. At the secondary level, one is expected to keep to practices that make treatment effective hence quick recovery. At the tertiary level is more of managing chronic cases. Patients level of understanding differs for each category, and therefore identification of appropriate learning styles for each makes implementation of instructions easier. The patients report better adherence which reduces the number of hospital visits and cases of readmission (Blake et al., 2020).

How to Accommodate Different Learning Styles in Health Promotion

The healthcare system's target audience is just about anyone, and therefore there is no justification for ruling out any learning method in health promotion campaigns. Health promotion can no longer be limited to the hospital set up alone to accommodate all these styles. For instance, in the wake of the covid-19 outbreak, public media has been very integral in educating learners. Radio cater to those who learn best by listening, while television cater to those who prefer visual effects. Multiple billboards have been erected to this effect. On the ground, hospital facilities have their staff members do campaigns reaching people or handle them while in hospital (Blake et al., 2020). The diversification of the sources of information has ultimately catered for the different learning styles.

References

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