



Information sheet

TraumaCare

Box 1807, Magaliesview, 2067

5a Franshoek Rd, Lonehill

Tel: 0715929690

Website: www.traumacare.co.za

Email: mail@traumacare.co.za

Processing Information

Make learning more enjoyable by understanding the way in which your child processes information



It is not uncommon for children to be misdiagnosed as having ADHD and other learning difficulties if their favourable style of learning does not fit in with the more structured learning modalities usually preferred by schools.

There are many theories about the different learning styles however there are three main learning styles: Visual (seeing); Auditory (hearing) and doing (kinaesthetic). These three of our five senses are used primarily when learning, storing, recalling and retrieving information. Just as we are predominantly left or right brained, we tend to use one modality more than the others.

Visual learners learn best by seeing what is written on the board. They will enjoy writing and drawing, and will grow impatient listening to long lectures. Auditory learners have excellent listening skills and will often prefer to recite information, rather than write it down. Kinaesthetic or tactile learners prefer to be mobile and will often excel at hands-on activities such as experiments.

A child's learning style is a preference and not a problem, they can adapt often depending on the subject being studied. A child's learning style will manifest from a early age, as soon as he starts interacting with his environment and speaking. The child's learning style is believed to be relatively established by the age of seven.

Parents need to be advocates for their children, and suggest alternative ways for them to learn in the classroom.

It is not uncommon for movement learners to be misdiagnosed as having ADHD and other learning difficulties, as their favoured style of learning does not fit in with the more structured learning modalities usually preferred by schools.

The characteristics of the three main learning styles are shown below, your child may show a stronger learning to one of these styles, but is probably a combination of all three.

The Visual Learner

- Learns with images
- Reads charts, diagrams and maps more easily
- Can sit and play with building blocks
- May be described as a daydreamer
- Is good at remembering faces and may forget names
- Prefers to take detailed notes



The Kinaesthetic Learner

- Needs to move
- Cannot sit still for long periods
- Uses body language and gestures to communicate
- Needs to be shown things and not just explained
- Love to touch things
- May be incorrectly labelled ADHD
- Usually excels in sports
- Often evident in boys



The Auditory Learner

- Thinks in words
- Enjoys storytelling
- Is unlikely to battle with spelling
- Loves reading
- Has an excellent memory for names, dates and trivia
- Enjoys word games
- Is often musically talented
- Does not enjoy writing



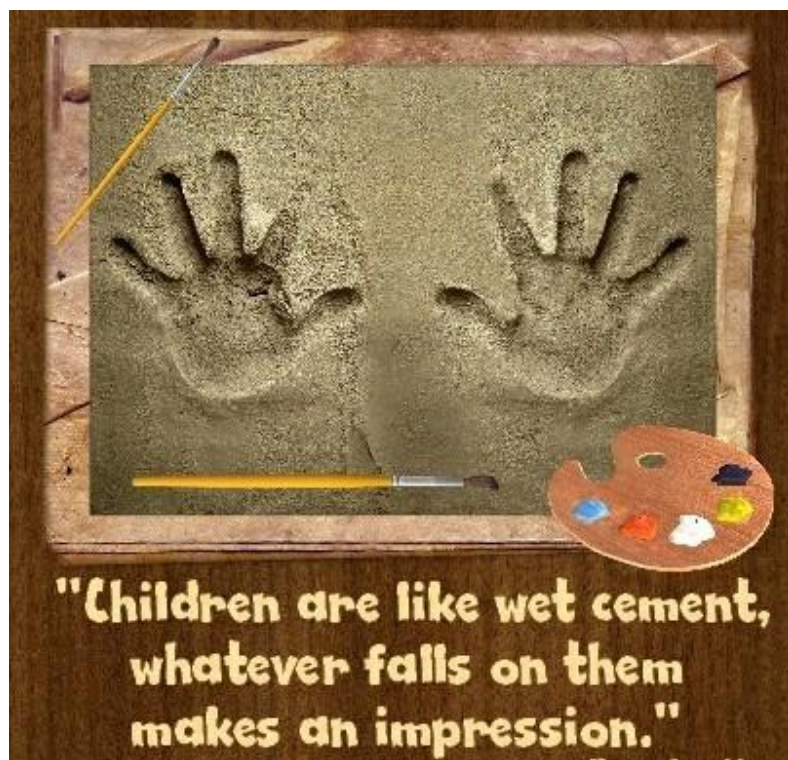
Encourage your child to use as many senses as possible when learning. This could involve:

- Getting your child to pretend to teach, reciting out loud
- Using paper, posters and white board for homework
- Drawing or writing as a visual demonstration of the work
- Taping or teaching session so that it can be played back

Encourage the visual learner to: Use memory games; use coloured paper; highlight sections that are important; work on computer; sit in front of class; learn through seeing or reading handouts.

Encourage the kinaesthetic learner to: Listen to music as they work; take frequent breaks to move around; tackle hands on projects; move around while they are working; do art projects; act out stories.

Encourage the auditory learner to: Read aloud when writing tests and exams or studying; create word problems; dictate their work; present assignments verbally; encourage debates and discussions; use mnemonics to help their memory



This newsletter has been issued by:
TraumaCare, Box 1807, Magaliesview, Gauteng, 2067
www.traumacare.co.za * mail@traumacare.co.za * Tel: 071 592 9690
Play Therapy * Counselling * Trauma Counselling

Please note that this information must not be used for diagnostic purposes. Please do your own research, become informed.
Please visit a medical professional for a correct diagnosis.