**An Overview of Student Learning Styles: Which One Should I Use?**

Coffield et al. (2004). Learning styles a pedagogy in post-16 learning: A systematic and critical review. London. Learning Skills and Research Center. 174 pages. 72 learning styles theories divided into 5 families.

Pashler, H., McDaniel, M., Rohrer, D., & Bjork, R. (2008). Learning styles: Concepts and evidence. Psychological Science in the Public Interest, *9*(3), 106-119.

**What do you think a learning style is? (definition in 25 words or less)**







Family #1 -
Examples

Family #2
Examples

Family #3

Family #4

Family #5

**Meshing Hypothesis: (Definition)**

**TRUE FALSE**

**Two Free student learning styles inventories:**

**VARK – visual – auditory – read/write – kinesthetic:**

[**www.Vark-learn.com**](http://www.Vark-learn.com) **free inventory 16 questions. Somewhat validated. Study strategies included for students.**

**Learning family:**

**Grasha-Reichman Student Learning Style inventory. Online with automatic calculation. 60 questions.**

[**http://longleaf.net/learningstyle.html**](http://longleaf.net/learningstyle.html)

**or Google search terms: grasha reichman learning style longleaf**

**Learning family:**

**FREE BONUS:**

**Grasha Teaching Style online survey:**

[**http://longleaf.net/teachingstyle.html**](http://longleaf.net/teachingstyle.html)

**or Google search terms: grasha teaching style longleaf**

**Free PDF of Teaching with Style**

[**https://ltc.highline.edu/CR/Teaching%20with%20Style%20-%20Understanding%20Teaching%20&%20Learning%20Styles%20-%20Grasha.pdf**](https://ltc.highline.edu/CR/Teaching%20with%20Style%20-%20Understanding%20Teaching%20%26%20Learning%20Styles%20-%20Grasha.pdf)

**or look on Blackboard for PDF along with Coffield et al.**