

# **LEARNING STYLES**

## **Theories and Implications for Teaching Learning**



**Written by Dr. Sajna Jaleel  
& Dr. Anne Mary Thomas**



**Horizon Research Publishing, USA**

# **Learning Styles**

## ***Theories and Implications for Teaching Learning***

Written by

**Dr. Sajna Jaleel**

School of Pedagogical Sciences, Mahatma Gandhi University,  
Kottayam, Kerala, India

**Dr. Anne Mary Thomas**

School of Pedagogical Sciences, Mahatma Gandhi University,  
Kottayam, Kerala, India

**Horizon Research Publishing, USA**

**Title:** Learning Styles - Theories and Implications for Teaching Learning

**Authors:** Dr. Sajna Jalcel, Dr. Anne Mary Thomas

**Publication Date:** September 2019

**Published by:**

Horizon Research Publishing  
2880 ZANKER RD STE 203  
SAN JOSE, CA 95134  
USA

<http://www.hrpub.org>

**ISBN:** 978-1-943484-25-6

**Price:** \$ 26.00 per copy (USA)

**General Enquiries**

Publish with HRPUB, learn about our policies, submission guidelines etc.

Email: [book@hrpub.org](mailto:book@hrpub.org)

**Notice**

This book contains information obtained from authentic and highly regarded sources. Reprinted material is quoted with permission, and sources are indicated. A wide variety of references are listed. Reasonable efforts have been made to publish reliable data and information, but the author and the publisher cannot assume responsibility for the validity of all materials or for the consequences of their use.

**Trademark**

Product or corporate names may be trademarks or registered trademarks, and are used only for identification and explanation without intent to infringe.

**Copyright © 2019 Horizon Research Publishing Co., LTD**

This work is subject to copyright. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without written permission from the author, except for the inclusion of brief quotations in a review.

# Contents

## Page No.

PREFACE.....	I
INTRODUCTION.....	1
Chapter 1. A Glimpse on Learning Styles.....	3
1.1. Defining Learning Styles.....	4
1.2. Why Is Learning Style Important?.....	5
1.3. Learning Style and Cognitive Style.....	6
1.4. Learning Styles and Learning Strategies.....	7
1.5. The Role of Learning Styles in the Teaching/ Learning Process.....	8
1.6. Incorporating Learning Styles in Teaching.....	9
1.7. Learning Styles and Teaching Styles.....	10
1.8. Matching Teaching Styles to Learning Styles.....	11
Chapter 2. Herrmann Brain Dominance Model (Whole Brain Model) (1972).....	15
2.1. Four Quadrants.....	15
2.2. Educational Implications.....	17
Chapter 3. Grasha and Reichmann Learning Style (1974).....	19
3.1. Categories of Learning Styles.....	19
3.2. Educational Implications.....	20
Chapter 4. Schmeck, Ribich, and Ramanaiah Learning Styles (1977).....	21
4.1. Dimensions.....	21
4.2. Deep-Elaborative or Shallow-Reiterative Cognitive Styles.....	22
4.3. Educational Implications.....	23
Chapter 5. Dunn and Dunn Learning Style (1978).....	25
5.1. Five Stimuli.....	25
5.2. The Elements and Key Questions.....	25
5.3. Educational Implications.....	28
Chapter 6. NASSP Model of Learning Styles (1980).....	31
6.1. The Construct of the Learning Style.....	31

6.2. Educational Implications.....	32
Chapter 7. Honey and Mumford Learning Style (1982).....	33
7.1. Characteristics of Learning Style.....	33
7.2. Educational Implications.....	35
Chapter 8. Gardner's Theory of Multiple Intelligences (1983).....	37
8.1. Verbal-Linguistic Intelligence ("Word Smart" or "Book Smart").....	38
8.2. Mathematical-Logical Intelligence ("Math Smart" or "Logic Smart").....	38
8.3. Visual-Spatial Intelligence ("Art Smart" or "Picture Smart").....	38
8.4. Intrapersonal Intelligence ("Self Smart" or "Introspection Smart").....	39
8.5. Bodily-Kinesthetic Intelligence ("Body Smart" or "Movement Smart").....	39
8.6. Interpersonal ("Pupils Smart" or "Group Smart").....	40
8.7. Naturalist Intelligence ("Nature Smart" or "Environment Smart").....	40
8.8. Musical-Rhythmic Intelligence ("Music Smart" or "Sound Smart").....	41
8.9. Educational Implications.....	42
Chapter 9. Kolb Learning Styles (1984).....	43
9.1. Learning Styles.....	43
9.2. Learning Styles: Descriptions.....	44
9.3. Experiential Learning Theory of Kolb.....	45
9.4. Educational Implications.....	47
Chapter 10. Gregorc Learning Style (1984).....	49
10.1. Mind style Learning Type.....	49
10.2. Gregorc Learning Style.....	50
10.3. Characteristics of Learning Style.....	50
10.4. Educational Implications.....	51
Chapter 11. McCarthy Learning Styles (1987).....	53
11.1. Perceiving.....	53
11.2. Processing.....	53
11.3. The Four Major Learning Types.....	54
11.4. Two Major Premises.....	56
11.5. 4MAT Learner Types and Characteristics.....	58

11.6. Educational Implications.....	58
<b>Chapter 12. Felder-Silverman Learning Style (1988).....</b>	<b>61</b>
12.1. Origin of Felder's Learning Style Concept.....	61
12.2. The Learning Styles.....	62
12.3. Teaching Techniques to Address All Types of Learning Styles.....	64
<b>Chapter 13. Stacy Mantle – The Seven Learning Styles.....</b>	<b>67</b>
13.1. Linguistic.....	67
13.2. Logical.....	67
13.3. Spatial.....	67
13.4. Musical.....	68
13.5. Bodily Kinesthetic.....	68
13.6. Interpersonal.....	69
13.7. Intrapersonal.....	69
<b>Chapter 14. Fleming's VAK Learning Style (1992).....</b>	<b>71</b>
14.1. Visual Learning Style.....	71
14.2. Auditory Learning Style.....	71
14.3. Kinaesthetic Learning Style.....	72
<b>Chapter 15. Educational Implications of Learning Styles.....</b>	<b>73</b>
15.1. Learners.....	73
15.2. Teachers.....	73
15.3. Administrators and Curriculum Developers.....	73
15.4. Research and Instructional Practice.....	73
15.5. Teacher Education Programmes.....	74
<b>Conclusion.....</b>	<b>74</b>
<b>Acknowledgements.....</b>	<b>75</b>
<b>REFERENCES.....</b>	<b>76</b>

## Biography



**Dr. SAJNA JALEEL** is an Associate Professor at School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam, Kerala, India. Dr.Sajna Jaleel has successfully supervised nine doctoral theses and supervising a number of research scholars at Mahatma Gandhi University.

She is serving as a Teacher Educator at Master of Education(M.Ed.), M. Phil and Ph.D. programmes. Aply she completed major research project sponsored by UGC and presently course co-coordinator of fresh MOOCs on UGC-SAWAYAM platform. She has a number of research papers to her credit. Her areas of interest are Mathematics Education, Educational e-content development, Instructional Design, Educational Psychology. Brain based Learning and Learning Styles.



**Dr. Anne Mary Thomas** is currently a Post Doctoral Fellow in Education at School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam, Kerala, India. She is awarded Doctoral Degree in Education under the guidance of Dr.Sajna Jaleel from the same University. Her areas of interest are Science Education, Educational e-content development, Brain based Learning and Learning Styles.

