



MYFUTURE+ LESSON PLAN



Learning Styles

Understanding your Learning Style Strengths

Section: Section 1: Understanding and developing myself

Duration: 45-60 Minutes

Programme: MyFuture+



Learning Outcomes

Students will:

- Understand why **Learning Styles** are important for effective learning and exam preparation.
- Recognise and understand the **VAK model** – Visual, Auditory and Kinaesthetic learners.
- Understand the **PARO model** – Practical, Active, Reflective and Objective.
- Complete the **Learning Styles app** and identify a dominant learning preference.
- Apply learning strategies that can improve learning, study habits and revision.



Introduction (10 minutes)

Teacher Discussion:

Ask:

- Do all students learn best in the same way?
- What study methods usually help you remember information?
- Why might it be useful to understand your own learning preferences?

Explain:

There is no single method of learning that works for everyone. Understanding how we learn can help us study more efficiently and effectively.

The VAK model looks at how we prefer to receive information, while the PARO model explores how we process that information.

The VAK and PARO Models

Explain that two useful models can support study performance:

- VAK – Visual, Auditory and Kinaesthetic learning styles.
- PARO – Practical, Active, Reflective and Objective information-processing preferences.
- Using these models can help students choose better study and revision strategies.

Most students will have a dominant preference, but many will also use a mix of different styles depending on the task.

Activity 1 – Explore Learning Preferences (10 mins)

Students will:

- Read descriptions of the VAK and PARO types.
 - Discuss which learning style they think suits them best.
 - Identify strategies that could help visual, auditory and kinaesthetic learners.
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Activity 2 – Complete Learning Styles App (20 mins)

Steps:

1. Open the Learning Styles app in the Study Performance section of the Career File.
2. Click on the Learning Style Quiz and answer each statement carefully.
3. View the results in the bar chart and click the highest bar to reveal the most prominent style.
4. Read about the strengths, difficulties and study tips connected to that style.

At the end:

- Record your dominant learning style.
 - Note one or two study strategies that could help you improve learning and revision.
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Activity 3 – Apply Learning Strategies (10 mins)

Students match their results to study strategies such as:

- **Visual** – colour, diagrams, mind maps, charts and headings
- **Auditory** – discussion, reading aloud, recording notes and listening back
- **Kinaesthetic** – movement, flash cards, hands-on activities and practical revision
- **PARO** – strategies that suit **P**ractical, **A**ctive, **R**eflective or **O**bjective processing styles

Students then choose one strategy they will try in their own study routine this week

Reflection Activity (10 mins)

Students answer:

- What is your most prominent learning style?
 - Which study methods might help you most?
 - How can understanding your information-processing style improve learning?
 - What is one change you will make to your study habits?
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Success Outcomes

Students can:

- Explain the importance of Learning Styles.
 - Identify the VAK learning styles and the PARO processing preferences.
 - Recognise their own dominant learning preference.
 - Choose practical strategies to improve study habits and revision.
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Assessment for Learning

- Teacher observation
 - Completed Learning Styles quiz
 - Reflection responses / study action points
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Universal Design for Learning

Support:

- Use visual, spoken and practical examples during discussion
- Allow students to talk through ideas before writing

Extension:

- Create a personal study plan using VAK and PARO strategies
 - Compare learning preferences with a partner and discuss useful techniques
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Resources Needed

- Devices with internet
- Learning Styles app access
- Mind map / note-taking sheet/ coloured pens or highlighters

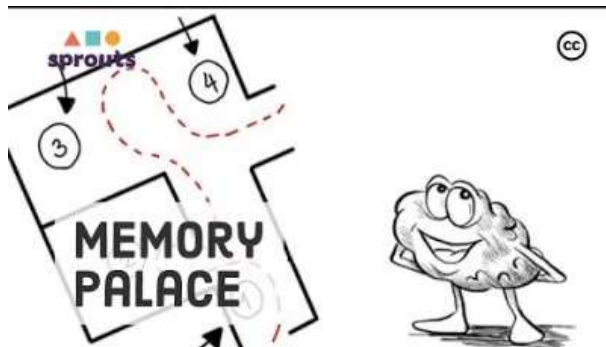
Videos in PowerPoint



3.5-minute video. About discovering what your learning style is



2.5-minute video. Explaining the different learning styles and why it is important to know your own



3.5-minute video. Interesting short video on how to improve your memory when studying