

## Learning Styles

1. Learning: "a process of increased intellectual awareness and insight that results in a change in how a person decides, values, or acts.... Learning is a profound event, a real change in a person's way of living." Richard Reichert  
There is a distinction between knowing and learning. Learning involves both awareness (knowing) and change (learning.)
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2. People learn in three ways:

cognitively: the assimilation of knowledge

affectively: the forming of one's feelings, attitudes, and beliefs

behaviorally: the understanding of one's actions.

- A Cognitive learning:

- incorporates information and ideas into our lives.
- historically, a major emphasis in Catholic education: one understands Catholic tradition in the light of his/her knowledge of the teachings of the Church
- brings awareness and insight.

- B Affective learning:

- feelings are important in the way one learns
- important in religious education when eliciting feelings such as contrition, thankfulness, compassion, etc.
- concerns itself with attitudes and values, not just reason and logic
- feelings can bring a positive intensity to the learning activity  
enjoyment sparks interest, as does the desire to learn
- positive feelings of belonging bind people together as a faith community.

- C Behavioral Learning:

- people learn best by doing
- understanding is greater by the practice of what is known
- it is not what Christians say they believe but what they do that matters
- rituals are the means by which people celebrate faith in tangible ways.

3. Four out of ten people are visual learners; they learn best by seeing and reading. — 4/10  
Three out of ten people are auditory learners; they learn best by hearing. — 3/10  
Three out of ten people are kinesthetic learners; they learn best by hands-on activity. — 3/10