

Examples of matching learning style with training method:

Training Method	Activities	Visual	Auditory	Kinesthetic
Using Case Studies	Reading case studies	YES		
	Listening to and discussing case studies		YES	
	Writing out care plan for a case study	YES		YES
	Presenting a case plan developed from a case study	YES	YES	YES
Using Videos	Listening to a training video		YES	
	Watching a training video	YES	YES	
	Practicing the skill shown in a training video	YES	YES	YES
Using written information	Reading information to yourself	YES		
	Reading information and writing a summary	YES		YES
	Reading information and presenting a summary to others	YES	YES	YES
Brainstorming	Listening to a Brainstorming session		YES	
	Brainstorming (as an active participant)		YES	YES
	Brainstorming (as an active participant) AND keeping notes	YES	YES	YES
Using critical incidents	Reading about a critical incident	YES		
	Listening to a discussion of a critical incident		YES	
	Read about AND discussing a critical incident	YES	YES	YES
Using Games	Doing a word search for essentials of a case plan	YES		
	Playing bingo for case plan terms	YES	YES	YES
	Portraying a client in a written role play	YES	YES	YES
Using Shadowing	Watching a worker perform an interview	YES	YES	
	Completing an assessment checklist based on observing an interview	YES	YES	YES
	Performing the interview and getting feedback from the lead worker	YES	YES	YES

White= addresses this learning style

Black= does not address this learning style

Grey= address ALL learning styles

Adapted from Training of Trainers Manual produced by AARP Foundation, August 1999