

# Educational Psychology – How do people learn?

## Introduction

A successful and effective teacher can teach the students according to their level of understanding. A good teacher will know that the class consists of different learners and should be taught accordingly.

The topic of **How do people learn** is vast and requires research and analysis. To understand **How people learn**, one must go through extensive teaching experience. This should be supplemented by reading and observing successful teachers' teaching methods.

Much research is done in this area, and many theories are in practice. However, basic learning patterns are taught in this course, and those interested can read other theories related to how people learn. Different theories explain how people learn, for example, the '*Theory of Multiple Intelligence*,' *Vygotsky*, etc. Maria Montessori's approach suggested a complete teaching system with a practical and natural process. Some people have learning disabilities, and they need to be addressed differently. They need special attention and approach.

Therefore, one must be aware of different learning patterns as a teacher. Educationists have different opinions about VAK learning patterns; some believe these do not change others discard this theory.

## Learning Outcomes

- To provide teachers with an understanding of the different learning styles and preferences,
- Identify different learning patterns.
- Define strategies for accommodating them in instructional design.

## Road map to expertise

A road map to expertise can be achieved in four stages. These are:

1. Unconscious Incompetence
2. Conscious Incompetence
3. Conscious Competence
4. Unconscious Competence

The roadmap of expertise. Success comes after expertise. Expertise comes after prolonged, sustained effort on a specified task. Expertise comes after the repetition of a task many numbers of times. Success is not random and shouldn't be considered random. It is a step-by-step procedure that is repeated when the situation demands it. Example: You taught great once, then the next time, you messed up. This is not a success. You spoke the truth once. That doesn't make you truthful.

## Learning Patters & theories

How do people learn and think? These questions have challenged thinkers and researchers. People have modeled thinking in various ways.

1. Left Brain & Right Brain: Some people are categorized as left and right brainers and give their respective characteristic behaviors.
  2. People have divided our brain into four quadrants known as Hermann quadrants; each quadrant has a different type.
  3. Gardner said there are seven types of intelligence and hence seven learning styles.
- There are many more models available. We will now focus on a simple one.

## Learning Theories

Ideas about the ways students learn and retain information.

1. **Behaviorism:**
2. Cognitivism:
3. Constructivism:
4. Humanism:
5. Connectivism
6. Social Learning Theory
7. Experiential Learning
8. Multiple Intelligences

## Learning patterns based on senses – Visual, Auditory, and Kinesthetic

**Visual** – what you see, pictures, use of color, and decoration.

**Auditory** – what you hear, sounds, voices, and processing information presented verbally.

**Kinesthetic** – what you feel, a preference for touch and to experience things personally, learn well by trying and doing.

### Visual Learners

- Visual learners are those who learn through seeing things.
- Good at receiving information through visual media (books, whiteboards, etc.)
- Likes colors & fashion.
- Dreams in color.
- Understands/likes charts.
- Is good with sign language.
- Is good at spelling but forgets names.
- Has to think awhile before understanding the lecture.

#### Teaching Suggestions for Auditory

Using word association to remember facts and lines.  
Recording lectures.  
Watching videos.  
Repeating facts with eyes closed.  
Participating in group discussions.  
Using audiotapes for language practice.

### Auditory Learners

- Auditory learners are those who learn best through hearing.
- Likes to read to self out loud.
- Is good at grammar and foreign languages.
- Is not afraid to speak in class.
- Reads slowly. Likes oral reports.
- Follows spoken directions well., Is good at explaining.
- Can't keep quiet for long periods. Remembers names.
- Enjoys acting and being on stage. Notices sound effects in movies.
- Is good in study groups. Enjoys recitation with Tarteel & Tajweed
- Is good at understanding series, sequences & steps.

#### Teaching Suggestions for Auditory

Using word association to remember facts and lines.  
Recording lectures.  
Watching videos.  
Repeating facts with eyes closed.  
Participating in group discussions.  
Using audiotapes for language practice.  
Recording notes after writing them.

### Kinesthetic Learners

- Kinaesthetic learners are those who learn through experiencing/doing things.
- Is good at sports. Can't sit still for long.
- Is not great at spelling—studies while listening to something.
- Does not have great handwriting. Likes science lab.
- Likes adventure books and movies. Likes role-playing.
- Takes breaks when studying. Builds models.
- Is involved in martial arts and dance. Is fidgety during lectures.

#### Kinaesthetic Learners Can Benefit from the following:

Studying in short blocks.  
Taking lab classes.  
Role-playing.  
Taking field trips and visiting museums.  
Studying with others.  
Using memory games and flashcards to memorize

## Tasks

### Reading Assignment

- How do people learn? [Click here to read.](#)

Watch the videos. [Links](#)

### Solve Quiz

- [Click here to solve the Quiz.](#)

**Portfolio Activity:** Write a few lines or one paragraph for each question given below.

1. In your experience (or observation), who did you find teaching most challenging? Why?
2. How does TPI (Total Physical Interaction) meet the needs of all types of learners?
3. Based on the VAK model, how will you teach the rule of Ikhfa?
4. Identify yourself & your friends and family members as Visual, Auditory, and Kinesthetic, and state reasons for the same. Are there some people whom you cannot identify? How will your knowledge of psychology improve your relationships?
5. How will the knowledge of Psychology help repair the relationships between Teacher-Parent and Teacher-Student at the workplace?

### Project:

1. Write a teacher's First Day's Welcome speech to students.
2. Write a speech/article to convince a teenager that the Quran is easy. Use the above concepts with references from the Quran & Sunnah.

### References & Further knowledge

1. Afzal Hussain "Funne taleem"
2. *How People Learn: An Evidence-Based Approach* <https://www.edutopia.org/blog/how-people-learn-evidence-based-paul-bruno>
3. *What is the Multiple Intelligences Theory?* <https://www.uopeople.edu/blog/what-is-the-multiple-intelligences-theory/>
4. *Four Developmental Needs of a Child | Salman Asif Siddiqui* [https://www.youtube.com/watch?v=\\_PY7jqLovx4](https://www.youtube.com/watch?v=_PY7jqLovx4)
5. Learning Challenges of students <https://www.youtube.com/watch?v=KcuXaZGHIDg>
6. Emotional & Behaviorally Disturbed Students (EBD) <https://www.youtube.com/watch?v=wKDjfPMek3k>