UNLOCKING YOUR LEARNING POTENTIAL: A COMPREHENSIVE EXPLORATION OF BRAIN-BASED LEARNING, LEARNING TYPES, AND STYLES

Rana K. A[1] and Acharya P. B.[2]

[1] *Research Scholar, Department of Education, Sardar Patel University, Gujarat, India*
[2] *Professor, Department of Education, Sardar Patel University, Gujarat, India*

ABSTRACT

This research article delves into the realm of brain-based learning, emphasizing the importance of understanding individual learning types and styles to optimize the learning potential. The article introduces the concept of brain-based learning and its application in creating an engaging and stimulating learning environment. It explores three main learning types—visual, auditory, and kinesthetic—and various learning styles, such as reflective, intuitive, analytical, and practical. The article provides insights into why recognizing and adapting to one's learning type and style are crucial for effective and enjoyable learning experiences. Additionally, it discusses brain-based learning techniques tailored for each type, offering practical insights for optimizing the learning potential of individuals.

Keyword : *Brain based learning, learning types, learning styles*

1. INTRODUCTION:

In the rapidly evolving landscape of the modern world, where continuous learning is a prerequisite for success, the adoption of effective learning techniques becomes paramount. This article explores the realm of brain-based learning and emphasizes the significance of understanding one's learning type and style for an optimized learning experience. The article aims to elucidate the various learning types and styles, delving into the nuances of visual, auditory, and kinesthetic learners, as well as reflective, intuitive, analytical, and practical learning styles. Furthermore, it provides a comprehensive understanding of brain-based learning techniques tailored to each type, offering insights for individuals to unlock their full learning potential.

There are various methods to study and increase your knowledge, which is wonderful news. Numerous learning alternatives are available, ranging from conventional classroom instruction to virtual courses, seminars, and hands-on learning. However, here's the thing: knowing your learning type and style may have a huge impact on how well you learn as well as how much fun it is.

Your learning type and style describe the particular ways that you like to take in and remember new knowledge. It involves your information processing style, your response to different stimuli, and the kinds of activities that pique your interest the most. Finding your learning type and style will allow you to customize your education to your preferences and maximize your learning potential.

Herein lies the value of brain-based learning. The fascinating field of brain-based learning will be discussed in this article, along with how it might improve your learning. That being said, are you prepared to advance your education? Explore how brain-based learning might enable you to realize your greatest potential by diving in.

1.1 What is Brain-Based Learning?

Embracing the latest insights from neuroscience, brain-based learning stands as a transformative teaching methodology. Its effectiveness lies in its acknowledgment that individuals possess unique learning styles, a fact underscored by contemporary research on cognitive functions. This recognition prompts the crafting of teaching strategies that cater to diverse learning preferences, fostering an inclusive and dynamic educational experience.

The essence of brain-based learning extends beyond the mere dissemination of information; it advocates for the creation of environments that actively engage learners, stimulating their curiosity, nurturing creativity, and honing critical thinking skills. By immersing learners in interesting and captivating scenarios, this approach recognizes the profound impact of environment on the learning process.

Putting these strategies into action holds the promise of not only enhancing our learning capabilities but also transforming how we retain and apply knowledge. The practical application of brain-based techniques transcends traditional memorization, encouraging a deeper understanding that can be effectively translated into real-world situations. In essence, maximizing our learning potential through brain-based learning is akin to unlocking the latent capabilities of our minds, shaping us into adaptable and effective learners ready to navigate the complexities of our ever-evolving world.

1.2 Learning Types and Styles:

Understanding learning types and styles is crucial for tailoring the learning experience to individual preferences. There are three primary learning types: visual, auditory, and kinesthetic. Visual learners process information best through images, diagrams, and videos. Auditory learners excel in learning through listening and speaking, while kinesthetic learners prefer a hands-on, movement-oriented approach. Learning styles further categorize individuals into reflective, intuitive, analytical, and practical learners, each with distinct characteristics influencing their approach to learning.

1.3 Importance of Understanding Learning Types and Styles:

Identifying one's learning type and style is fundamental to unlocking the full potential as a learner. The article discusses how aligning learning techniques with these preferences can significantly enhance the efficiency and effectiveness of the learning process. Practical examples are provided, such as using visual aids for visual learners, audio-based techniques for auditory learners, and hands-on activities for kinesthetic learners. The adaptation of study habits to match learning styles contributes to a more enjoyable, fulfilling, and effective learning journey.

2. REVIEW OF LITERATURE

Brain-based learning is an educational approach that draws upon the latest findings in neuroscience to optimize the learning process. It emphasizes the importance of understanding how the brain learns best, and then tailoring teaching methods and curriculum to align with these principles. This approach has been shown to enhance student engagement, motivation, and academic achievement [14, 27].

One of the key principles of brain-based learning is the concept of neuroplasticity, which refers to the brain's ability to change and adapt throughout life. This plasticity allows the brain to form new connections, or synapses, as a

result of learning experiences. By creating a stimulating and engaging learning environment, educators can promote neuroplasticity and enhance students' ability to learn and retain information [11, 30].

Another important principle of brain-based learning is the importance of emotion in the learning process. Emotions can have a profound impact on learning, both positively and negatively. Positive emotions, such as interest and excitement, can enhance attention, memory, and motivation. Conversely, negative emotions, such as anxiety and stress, can impair learning by impeding cognitive function [18].

Brain-based learning also emphasizes the importance of movement and physical activity in the learning process. Exercise has been shown to improve cognitive function and memory, and it can also help to reduce stress and anxiety [5, 24]. Incorporating movement and physical activity into the classroom can help to create a more stimulating and engaging learning environment that supports students' overall well-being and academic success.

By incorporating these principles of brain-based learning into their teaching practices, educators can create a more effective and engaging learning environment that promotes student success. Brain-based learning has the potential to transform education, leading to a deeper understanding of how students learn best and enabling educators to tailor their instruction to meet the individual needs of each student.

3. BRAIN-BASED LEARNING: 12 PRINCIPLES FOR EFFECTIVE TEACHING

Brain-Based Learning (BBL) is an educational approach that draws upon the latest research in neuroscience to inform teaching practices and curriculum design. It emphasizes understanding how the brain learns, including its capacity for neuroplasticity, or the ability to change and adapt. BBL principles suggest that effective learning environments should foster active engagement, prioritize movement and sensory experiences, and incorporate emotional and social-emotional learning (SEL) [3, 16, 27].

In their groundbreaking work "Making Connections: Ten Essential Elements of Learning and Teaching," educators Renate Caine and Geoffrey Caine outline 12 principles that form the foundation of BBL. These principles provide a comprehensive framework for understanding how the brain learns and offer practical guidance for educators in designing effective learning environments.

The 12 Principles of Brain-Based Learning

1. The Brain is a Holistic Learning Organ: The brain learns through interconnected pathways, engaging multiple senses and cognitive processes simultaneously.
2. Learning is Developmental: The brain's plasticity allows for continuous growth and adaptation throughout life.
3. Emotions are Critical to Learning: Emotional experiences significantly impact memory, motivation, and overall learning outcomes.
4. Meaning is Central to Learning: The brain seeks patterns and connections, and learning is most effective when it has personal relevance and meaning.
5. Learning is Enhanced by Challenge and Inhibited by Threat: Challenge stimulates cognitive growth, while perceived threat triggers stress responses that hinder learning.
6. Movement and Sensory Experiences Enrich Learning: Physical activity and sensory engagement promote brain function and enhance comprehension.
7. Effective Learning Involves Both Focused Attention and Peripheral Perception: The brain can process both specific details and broader contextual information simultaneously.
8. Learning is a Conscious and Unconscious Process: Conscious effort drives learning, but unconscious processes also play a crucial role in memory consolidation and skill development.

9. There are Multiple Memory Systems: The brain utilizes various memory systems, each with unique characteristics and limitations.
10. Learning is Enhanced by Natural, Spatial Memory: The brain effectively encodes and recalls information when presented in a spatial context.
11. Learning is Individualized: Each brain is unique, and learning styles and preferences vary among individuals.
12. The Brain is a Social Organ: Learning is enhanced through collaboration, social interaction, and a sense of community.

3.1 Implications for Education:

The 12 principles of BBL provide valuable insights into how the brain learns best, offering guidance for educators in designing effective learning environments. By incorporating these principles into teaching practices, educators can foster deeper understanding, enhance engagement, and promote lifelong learning for all students.

Incorporating BBL principles into teaching practices can lead to a number of positive outcomes for students, including:

- Improved academic performance
- Increased engagement and motivation
- Enhanced critical thinking and problem-solving skills
- Improved self-regulation and emotional intelligence
- Greater social and emotional well-being

As educators strive to create learning environments that are truly supportive of all students, understanding and applying BBL principles is essential. By aligning teaching methods with the brain's natural learning processes, we can empower students to reach their full potential and become lifelong learners.

4. VAK MODEL

The VAK model, an educational framework developed by Neil Fleming, categorizes learners into three primary groups based on their preferred learning styles: visual, auditory, and kinesthetic [7]

Visual Learners : Visual learners excel in processing and retaining information presented visually, such as through diagrams, charts, graphs, and illustrations. They often enjoy reading, taking notes, and creating visual aids like mind maps and concept diagrams [19].

Auditory Learners : Auditory learners absorb information best through auditory stimuli, such as lectures, discussions, and audio recordings. They often excel in verbal tasks like explaining concepts, participating in group discussions, and following spoken instructions [32].

Kinesthetic Learners : Kinesthetic learners thrive in hands-on, experiential learning environments. They prefer physical activities, role-playing, and simulations to grasp concepts and skills. They often excel in problem-solving tasks that require direct manipulation and movement [1].

While individuals tend to have a dominant learning style, most people utilize a combination of all three styles to varying degrees. Effective teaching strategies should incorporate elements that cater to each learning style, maximizing engagement and comprehension for all students [7].

5. LEARNING STYLE

Reflective, Intuitive, Analytical, and Practical Learning Styles

Learning styles, also known as cognitive styles, refer to the preferred ways in which individuals process, retain, and understand information. While there are numerous models of learning styles, four distinct styles are commonly recognized: reflective, intuitive, analytical, and practical [4, 25].

Reflective Learners

Reflective learners prefer to carefully consider and analyze information before reaching conclusions. They are meticulous, thoughtful, and enjoy deep contemplation of concepts and theories. They often benefit from written materials, lectures, and reflective journaling [6].

Intuitive Learners

Intuitive learners rely on their instincts, insights, and gut feelings to grasp concepts. They are creative, imaginative, and prefer to explore possibilities and patterns. They often excel in brainstorming sessions, collaborative projects, and open-ended problem-solving [26].

Analytical Learners

Analytical learners are logical, detail-oriented, and excel at breaking down complex information into manageable parts. They enjoy structured learning environments, systematic approaches, and step-by-step problem-solving [19].

Practical Learners

Practical learners are hands-on, experiential, and prefer to learn by doing. They enjoy applying theories to real-world situations, engaging in simulations, and solving practical problems. They often benefit from hands-on activities, laboratory experiments, and field trips [1].

Effective teaching strategies should cater to the diverse learning styles of students, incorporating elements that engage and accommodate each style [7]. By understanding and addressing individual learning preferences, educators can foster a more inclusive and effective learning environment for all students.

Brain-based learning recognizes and accommodates the diversity of learning styles, catering to the unique cognitive preferences of individuals. For visual learners, incorporating visual aids, diagrams, and graphic organizers has been shown to enhance comprehension and retention [14]. Jensen emphasizes that the brain processes visual information rapidly, making visual stimuli effective for conveying complex concepts. Similarly, auditory learners benefit from instructional strategies such as discussions, lectures, and the use of podcasts or audiobooks, capitalizing on their preference for processing information through auditory channels [33].

Kinesthetic learners, who thrive on hands-on experiences and physical movement, benefit from interactive activities and manipulatives that engage the body and senses [29]. These strategies tap into the brain's connection between physical movement and cognitive engagement, promoting a deeper understanding of concepts.

Moreover, brain-based learning acknowledges the cognitive styles of reflective, intuitive, analytical, and practical learners. Reflective learners benefit from opportunities for contemplation and self-assessment, while intuitive learners thrive on exploration and imaginative activities that stimulate their creative thinking [13]. Analytical learners, on the other hand, benefit from systematic and logical presentations of information, emphasizing the importance of clarity and structure in instructional design. Practical learners, characterized by a preference for

hands-on application, find value in real-world examples and problem-solving activities that connect theoretical knowledge to practical scenarios [29].

In conclusion, brain-based learning offers a nuanced approach that caters to the diverse learning styles of visual, auditory, kinesthetic learners, as well as individuals with reflective, intuitive, analytical, and practical cognitive preferences. By aligning instructional methods with these preferences, educators can create more inclusive and effective learning environments.

6. IMPORTANCE OF PRESENT STUDY

Brain-based learning (BBL) is an educational approach that draws upon the latest research in neuroscience to inform teaching practices and curriculum design. It emphasizes the importance of understanding how the brain learns, including its capacity for neuroplasticity, or the ability to change and adapt. BBL principles suggest that effective learning environments should foster active engagement, prioritize movement and sensory experiences, and incorporate emotional and social-emotional learning (SEL) [3, 16, 27].

While there is growing evidence to support the efficacy of BBL, there is still a significant research gap in understanding the specific effects of BBL on different learning styles. Learning styles refer to the preferred ways in which individuals process, retain, and understand information. There are numerous models of learning styles, but some of the most well-known include the Kolb Learning Style Inventory [17], the VARK Model [7], and the Honey and Mumford Learning Styles Questionnaire [10].

The question investigated in this research was What specific BBL strategies are most effective for each learning style? How can BBL be implemented in a way that is inclusive and equitable for all students, regardless of their learning style?

Research Challenges

- Measuring learning style: There is no single, universally accepted measure of learning style, and existing measures vary in their reliability and validity.
- Designing effective BBL interventions: It is difficult to design BBL interventions that are both effective and appropriate for all students, given the diversity of learning styles.
- Controlling for confounding variables: It is difficult to control for all of the confounding variables that can affect student outcomes in educational research, such as prior knowledge, motivation, and teacher quality.
- Despite these challenges, there is a growing body of research that suggests that BBL has the potential to improve learning outcomes for all students, regardless of their learning style.
- The research gap in the effect of BBL on different learning styles is a complex issue with no easy solutions. However, by understanding the challenges and pursuing further research, we can make progress in developing more effective BBL interventions that are tailored to the needs of all learners.
- It is important to note that BBL is not a panacea for all educational problems. It is one of many approaches to effective teaching and learning, and it should be used in conjunction with other evidence-based practices.
- The future of BBL is bright. As neuroscience continues to advance, we will gain a deeper understanding of how the brain learns, and this knowledge can be used to inform even more effective BBL interventions.

7. BRAIN BASED LEARNING TECHNIQUES FOR VARIOUS TYPES OF LEARNERS

Brain-Based Learning Techniques for Visual Learners:

Visual learners benefit from techniques that leverage visual aids such as diagrams, flowcharts, and mind maps. The use of colors and images helps create associations, enhancing information retention. The article delves into the science behind this technique, explaining how visual cues and associations contribute to better memory recall. Practical examples and recommendations are provided to help visual learners optimize their learning experience.

Brain-Based Learning Techniques for Auditory Learners:

Auditory learners, who thrive on listening and speaking, can enhance their learning experience through techniques such as recording key concepts in their own voice. Listening to podcasts, lectures, and audio books is also recommended. The article explores the cognitive mechanisms behind auditory learning and how mnemonic devices such as acronyms and rhymes can aid memory retention. Real-world applications and scenarios are provided to illustrate the effectiveness of these techniques.

Brain-Based Learning Techniques for Kinesthetic Learners:

Kinesthetic learners, who excel in hands-on activities and movement, can benefit from techniques such as role-playing, simulation games, and practical experiments. The article discusses how these dynamic and interactive approaches engage kinesthetic learners more deeply, facilitating a better understanding and retention of information. The importance of incorporating physical activity breaks during study sessions is highlighted as a strategy to maintain focus and energy.

The implications of brain-based learning (BBL) for education are far-reaching, particularly in the context of different learning styles. BBL principles provide a framework for creating more effective and inclusive learning environments that cater to the diverse ways in which individuals process, retain, and understand information. By understanding the cognitive and physiological underpinnings of learning, educators can tailor their instruction to maximize the effectiveness of each student's learning style.

Visual learners benefit from brain-based learning strategies that emphasize visual stimuli, such as diagrams, charts, graphs, and illustrations. These visual aids can help them to better organize, comprehend, and retain information.

Auditory learners thrive in learning environments that incorporate auditory stimuli, such as lectures, discussions, and audio recordings. These auditory inputs can help them to engage more deeply with the material and enhance their memory and recall.

Kinesthetic learners excel when hands-on, experiential learning activities are incorporated into the curriculum. These activities, such as role-playing, simulations, and laboratory experiments, provide them with opportunities to physically interact with the material and make connections with abstract concepts.

Reflective learners benefit from brain-based learning strategies that encourage reflection and introspection. These strategies, such as journaling, self-evaluation, and peer-review, provide them with opportunities to analyze their learning process and gain deeper understanding.

Intuitive learners thrive in learning environments that foster creativity and exploration. These environments, which often involve open-ended questions, brainstorming sessions, and collaborative projects, provide them with opportunities to tap into their instincts and generate new ideas.

Analytical learners benefit from brain-based learning strategies that emphasize structure and logic. These strategies, such as outlining, note-taking, and problem-solving exercises, provide them with frameworks for organizing and understanding information.

By incorporating brain-based learning principles into their teaching practices, educators can create more effective and inclusive learning environments that cater to the diverse learning styles of their students. This approach can lead to improved student engagement, comprehension, and retention, ultimately fostering a more successful learning experience for all.

Here are some specific examples of how BBL can be applied to different learning styles:

Visual learners: Provide handouts with diagrams, charts, and graphs. Use whiteboards or projectors to display visual aids. Encourage students to create mind maps and concept diagrams.

Auditory learners: Record lectures or provide audio recordings of key concepts. Use music or sound effects to enhance learning activities. Encourage students to participate in discussions and group presentations.

Kinesthetic learners: Incorporate hands-on activities, simulations, and laboratory experiments. Encourage students to role-play or act out concepts. Use manipulatives and other tactile materials to enhance learning.

Reflective learners: Provide time for reflection and journaling. Encourage students to analyze their learning process and identify areas for improvement. Use open-ended questions and problem-solving exercises to promote critical thinking.

Intuitive learners: Encourage brainstorming sessions and creative projects. Provide opportunities for open-ended exploration and discovery. Encourage students to generate new ideas and challenge assumptions.

Analytical learners: Provide clear structures and frameworks for understanding information. Use outlining, note-taking, and problem-solving exercises to promote logical thinking. Encourage students to analyze data and draw conclusions.

By tailoring instruction to the unique needs of each learning style, BBL can help to ensure that all students have the opportunity to learn effectively and reach their full potential.

The Individualized Learning Journey:

The article emphasizes that learning is not a one-size-fits-all process. Every individual has a unique way of processing and retaining information. By understanding one's learning style and type, individuals can harness brain-based learning techniques to create an environment that caters to their specific needs. Learning is portrayed as a dynamic process that should be enjoyable and fulfilling, with the recognition that each step in the journey contributes to overall growth.

8. RECOMMENDATIONS TO SOCIETY BASED ON THE PERSONALIZED LEARNING

The article's assertion that learning is not a one-size-fits-all process highlights the importance of personalized learning, an approach that recognizes and accommodates individual differences in learning styles. Personalized learning can empower individuals to unlock their full potential by creating an educational environment that aligns with their unique needs and preferences. To foster a society that embraces personalized learning, here are some key recommendations:

Promote awareness of learning styles and types: Encourage individuals to explore and understand their preferred learning styles and types. This self-awareness can guide them in selecting learning methods and environments that align with their strengths and preferences.

Encourage diversity in teaching methodologies: Educators should incorporate a variety of teaching methods and approaches to cater to the diverse learning styles present in their classrooms. This flexibility allows students to engage with the material in a way that resonates with their learning preferences.

Utilize technology to personalize learning: Educational technology can provide students with customized learning experiences tailored to their individual needs. Adaptive learning platforms and personalized feedback systems can enhance engagement and facilitate more effective learning.

Create a supportive learning environment: Foster a classroom culture that celebrates individual differences and values diverse learning styles. Encourage students to support and learn from each other, creating a collaborative and inclusive learning environment.

Embrace lifelong learning: Encourage individuals to adopt a mindset of continuous learning, recognizing that learning is an ongoing process that extends beyond traditional educational settings. Promote opportunities for adult education and professional development to encourage lifelong learning habits.

By implementing these recommendations, society can move towards a more personalized approach to learning, empowering individuals to achieve their full potential and fostering a love of learning that extends throughout their lives.

4. CONCLUSIONS

In conclusion, this research article explores the intricate relationship between brain-based learning, learning types, and styles. By understanding individual preferences and leveraging brain-based learning techniques, individuals can optimize their learning potential. The article provides a comprehensive guide to visual, auditory, and kinesthetic learners, as well as reflective, intuitive, analytical, and practical learners, offering practical insights and recommendations for tailoring the learning experience. The comprehensive message is that learning is a journey, not a destination, and by embracing one's unique learning style and type, individuals can make the most out of every step along the way.

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