

## NEIL FLEMING'S ENGLISH TEACHING STRATEGY

**Juraboev Zafar Zakirjanovich**

*Uzbekistan, Syrdarya region, Bayaut district,  
School No.28, teacher*

**Abstract.** *In teaching English, the VARK teaching style stands out among educational strategies. It consists of 4 styles: visual learning, auditory learning, reading/writing and kinesthetic learning. These styles take into account each student's strengths and preferences.*

**Key words:** *learning style, visual, auditory, reading/writing, kinesthetic, Teaching Strategy.*

## NIL FLEMINGNING INGLIZ TILINI O'QITISH STRATEGIYASI

**Juraboev Zafar Zakirjanovich**

*O'zbekiston, Sirdaryo viloyati, Boyovut tumani,  
28-sonli maktab, o'qituvchi*

**Annotatsiya.** *Ingliz tilini o'qitishda VARK o'qitish uslubi ta'lim strategiyalari orasida ajralib turadi. U 4 ta uslubdan iborat: vizual o'rganish, eshitish orqali o'rganish, o'qish/yozish va kinestetik o'rganish. Ushbu uslublar har bir talabaning kuchli va afzalliklarini hisobga oladi.*

**Kalit so'zlar:** *o'rganish uslubi, vizual, eshitish, o'qish/yozish, kinestetik, o'qitish strategiyasi.*

## СТРАТЕГИЯ ОБУЧЕНИЯ АНГЛИЙСКОМУ ЯЗЫКУ НИЛА ФЛЕМИНГА

**Журабоев Зафар Закиржанович**

*Узбекистан, Сырдарьинская область, Баяутский район,  
школа №28, учитель*

**Аннотация.** *В преподавании английского языка среди образовательных стратегий выделяется стиль обучения VARK. Он состоит из 4 стилей: зрительное обучение, слуховое обучение, чтение/письмо и кинестетическое обучение. Эти стили учитывают сильные стороны и предпочтения каждого учащегося.*

**Ключевые слова:** *стиль обучения, визуальное, слуховое, чтение/письмо, кинестетическое, стратегия обучения.*

The acronym VARK stands for Visual, Aural, Read/write, and Kinesthetic sensory modalities that are used for learning information. Fleming and Mills (1992) suggested four modalities that seemed to reflect the experiences of the students and teachers. Although there is some overlap between them they are defined as follows. For a detailed description of the initial construction and limitations of VARK, and for other works on learning styles, see the bibliography and the seminal article.

Teachers have always been trying to help their students to study better. They use different methods and ways to make the learning process easier and more beneficial for the students. I have been teaching English for 20 years but I have heard about VARK classification only in 2012, when I took part in EF Training Courses for teachers I find the idea of defining what kind of learner each student is very important and useful. I am sure it will help to improve the process of teaching and learning English.

Learning styles is a term generally used to describe an individual's natural or habitual pattern of acquiring and processing information in learning situations. There is no commonly accepted definition of learning styles; however, a core concept is that individuals differ in how they learn. The idea of individualized "learning styles" originated in the 1970s, and acquired "enormous popularity".

One of the most common and widely-used categorizations of the various types of learning styles is Fleming's VARK model (sometimes VAK) which expanded upon earlier Neuro-linguistic programming (VARK) models:

1. visual learners;
2. auditory learners;
3. kinaesthetic learners or tactile learners

Fleming claimed that visual learners have a preference for seeing (think in pictures; visual aids such as overhead slides, diagrams, handouts, etc.). Auditory learners best learn through listening (lectures, discussions, tapes, etc.). Tactile/kinesthetic learners prefer to learn via experience - moving, touching, and doing (active exploration of the world; science projects; experiments, etc.). Its use in pedagogy allows teachers to prepare classes that address each of these areas. Students can also use the model to identify their preferred learning style and maximize their educational experience by focusing on what benefits them the most [1].



**Neil D. Fleming**

Designer of the VARK questionnaire and associated resources.

Neil Fleming has been learning about teaching and learning for forty years. His full time teaching was divided between secondary, teacher education and university (Lincoln University, New Zealand) with ample recognition of his teaching and research prowess in those three sectors. For the past ten years he has been facilitating active workshops on a variety of topics in North America, Asia and Europe travelling there in spring and fall. He has been the main author of the VARK books available online. Recently he has been in demand for work with customer service applications of the VARK principles in business environments. He has also been working with elite sports coaches on a learning-preferences approach to coaching. Apart from managing the interesting contacts with the VARK website he has frequent grandchildren duties, volunteers a day each week at a low decile primary school, tends his collection of 80 heritage roses and makes solid wood furniture as a hobby.

VARK tells you something about yourself that you may or may not know. It can be used to understand your boss, your colleagues, your parents, your workmates, your partner, your customers, your teacher, your relatives, your clients and yourself. It is a short, simple inventory that has been well-received because its dimensions are intuitively understood and its applications are practical. It has helped people understand each other and assists them to learn more effectively in many situations [1] .

Although copyrighted and trademarked for business use, VARK is free for use in colleges, high schools, and universities for student or faculty development as long as attribution is given.

Although we have known for centuries about the different modes, this inventory, initially developed in 1987 by Neil Fleming, Christchurch, New Zealand, was the first to systematically present a series of questions with helpsheets for students, teachers, employees, customers, suppliers and others to use in their own way.

A popular theory about learning styles is the VARK model. It stands for Visual, Auditory (Aural), Reading/ Writing, and Kinesthetic modalities for learning. Each one is associated with a preference for learning that may help retention of information.

- Visual learners learn by seeing
- Auditory learners prefer to learn by listening and speaking
- Reading and Writing learners like to read and take notes.
- Kinesthetic learners prefer to move and learn by doing.

Many inventories label people who then want to ask "*So what?*" VARK goes on to provide strategies that help people understand and move on from any label. Once you know about VARK, its power to explain things will be a revelation.

Neil Fleming gives the basic principles of his model [2]:

Preferred styles influence people's behavior, including learning.

Learning styles are not fixed, but they are stable over the medium term.

Both students and teachers can reliably identify and provide examples of their preferred learning and teaching style.

Preferences can be mapped to learning strategies. There are learning strategies that suit some styles better than others. Using your weakest learning styles is useless; as well as using other students' preferred styles.

Information that is accessed using strategies that match the learner's preferred styles is more likely to be understood and motivated.

Using learning strategies that suit your learning style is also likely to provide the impetus for more persistent study, a deeper approach to learning, and active and effective metacognition.

Knowing your learning style and acting on it is essential to improving your learning process.

As can be seen from these principles, not only students, but also teachers can use VARK in order to choose a teaching style that is most suitable for their audience.

Recommendations:

You can learn English more effectively if you know your type. The only thing is that it is important not to confuse the visual and kinesthetic modality - in the VARK classification, visual means graphic perception (graphs, diagrams, maps) and kinesthetic perception means everything that is close to real life (photos, videos, films, demonstrations, shows).

**Visual (visual, graphic perception):**

- Choose English textbooks with diagrams and charts;
- Use different colors to highlight information in your notebook;
- Read comics in English;
- Draw diagrams to help you remember new material (eg grammar);
- Learn word combinations in the form of semantic maps.

**Aural (auditory-spoken):**

- Listen to English audio books;
- Listen to podcasts and radio;
- Ask questions in class[
- Discuss new topics with the teacher/group;
- Talk a lot;

- Explain new topics to other students (eg grammar);
- Learn vocabulary by ear (for example, record a word on a tape recorder and spell it).

**Read and write (reading and writing):**

- Read books in English;
- Read articles on English sites[
- Take notes in English lessons;
- Organize English grammar into bulleted bullet points[
- Write down new vocabulary in a separate notebook/file on your computer;
- Write a short summary of new material for yourself;
- Re-read your notes.

**Kinesthetic:**

- Discuss life stories in English;
- Ask your teacher for examples of how to use new grammar/words;
- Memorize new words with pictures;
- Watch movies and TV series in English;
- Watch TED presentations;
- Use English textbooks with pictures

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