

KVA PATTERN: Kinesthetic, Visual, Auditory

KVA PATTERN: Kinesthetic, Visual, Auditory

	Type of Thinking	Stimulates Attention
K1	Focused Thinking	Kinesthetic stimulus triggers attention
V2	Sorting Thinking	Visual stimulus triggers attention
A3	Open Thinking	Auditory stimulus triggers attention

INTERESTING FACTS:

- If you use the KVA pattern, you probably enjoy nature, physical activity, and working with your hands. Many people with this pattern become excellent doctors, athletes, or architects.
- You need to move and gain practical experience in order to focus your mind.
- Reading or drawing helps your mind sort information and understand it.
- When you talk or listen, your imagination becomes most active and engaged.

You learn best by trying things out in practice. Your sorting attention activates when you read or notice details about what you're learning. You remember facts better when you can visualize them or turn them into diagrams or pictures. Your imagination and open attention are stimulated by discussions with one person or in small groups.

Communication: You enjoy working with your hands and talking to others while doing so. Writing down what you hear helps you remember it. Speaking is easiest for you when you can also move or engage in a physical task. If you're not allowed to move or use your notes, you might appear shy or hesitant.

Obstacles: It may be difficult for you to focus during long lectures if you can't move or use visual aids. You may also struggle when someone explains something to you without showing it visually.