

Learning Styles

Understanding your dominant learning style and using study strategies that complement your style will help you to study more effectively and efficiently!

Visual Learners...

- Learn best by seeing and reading
- Enjoy visual stimulation, color, vivid imagery
- Relate most effectively to written information, notes, maps, diagrams and pictures

Learning Strategies

- Sit in the front of the class where you can see your professor's facial expressions and body language
 - Use color or symbols to highlight important points in text or notes
 - Study the illustrations, graphs, diagrams, etc. in your books
 - Illustrate your ideas by drawing maps, diagrams, graphs, tables
 - Make mental pictures; visualize concepts
 - When memorizing material, write it over & over
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Auditory Learners...

- Learn best by listening
- Prefer directions given orally
- Relate most effectively to the spoken word

Learning Strategies

- Think aloud and talk to yourself
 - Participate in class discussions and debates; make speeches and presentations
 - Read text out loud—especially when proofreading or when tired
 - Create jingles and use mnemonics to aid in memorization
 - Use a tape recorder—tape yourself reading your notes and play it back
 - Discuss ideas /course concepts with a friend or small group
 - Work in a study group
 - Recite information over and over to better memorize material
 - Sit where you are sure to hear the professor!
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Kinesthetic/Tactile Learners...

- Learn best through moving and doing
- Learn best through a hands-on method
- Enjoy tasks that involve manipulating materials and objects

Learning Strategies

- Sit near the door or someplace else where they can easily get up and move around
- Vary your activities and take frequent study breaks
- Make studying more physical – stand, chew gum, pace while memorizing, read while on a stepper, squeeze a tennis ball, etc.
- Use a hands on approach – computing, making models, pointing to or underlining text, writing on white board, etc.
- Use flash cards or make lists for each term or each step in a process – review cards and process lists regularly