

Strategies for Using Your Learning Style Strength

VISUAL LEARNER

The Visual learner listens best by seeing, visualizing, drawing, diagramming, etc. In other words, you “know something by seeing it.”

REMEMBER: Good study habits are important for everyone, regardless of their preference.

- These include:
- highlighting and study cards for textbook information,
 - good lecture notes with a ‘recall’ column,
 - frequent review,
 - keeping up with assignments, etc.

“SEE IT to LEARN IT”

- TEXT:
- As you read, highlight the important points – using different colors.
 - Make study cards – using lots of color, symbols, and pictures for memory.
 - Get a mental image as you read – see the information, picture the page.
- LECTURES:
- Sit up front to see the lecturer’s expressions
 - As you listen, VISUALIZE what is being said.
 - Take notes – use the ‘recall’ column for review, add colors, symbols,
- etc.
- Read – Review – Visualize your notes frequently.
 - If you have a learning disability, tape lectures to fill in the gaps later – add color symbols and pictures.
- STUDYING:
- READ it – WRITE it – **PICTURE** it.
 - Draw diagrams, illustrations, make charts.
 - Learn and use Cognitive or Mind mapping techniques.
 - View videotapes and slides when possible.
 - VISUALIZE
 - Write the procedures, steps, rules on cards and have them in front of you as you use them.
- GENERAL:
- Take classes that rely on TEXT for information.

Strategies for Using Your Learning Style Strength

AUDITORY LEARNER

The Auditory learner learns best by listening, talking to others and self. In other words, they “know something by hearing it”.

REMEMBER: Good study habits are important for everyone, regardless of their preference.

- These include:
- highlighting and study cards for textbook information,
 - good lecture notes with a ‘recall’ column,
 - frequent review,
 - keeping up with assignments, etc.

“HEAR IT to LEARN IT”

- TEXTS:
- Read important information out loud.
 - Explain things to yourself as you are reading.
 - Make study cards and recite them to yourself frequently.
 - When you finish a chapter, TAPE a summary and listen to it.
 - Get books on tape if necessary.
- LECTURES:
- TAPE THEM! Use the ‘pause’ button to edit out irrelevant information. Listen to your tapes soon after the lecture.
 - Take notes in class. Use the ‘recall’ column to orally recite the information and quiz yourself.
- STUDYING:
- READ it – WRITE it – **SAY** it.
 - Describe diagrams, illustrations and charts out loud – or discuss it with someone else.
 - Join a study group.
- GENERAL:
- Take classes that rely on LECTURES for information
 - Tape your classes

Strategies for Using Your Learning Style Strength

KINESTHETIC LEARNER

The kinesthetic learner learns best by doing, through movement and physical activity, and by using a “hands-on” approach.

REMEMBER: Good study habits are important for everyone, regardless of their preference.

- These include:
- highlighting and study cards for textbook information
 - good lecture notes with a ‘recall’ column
 - frequent review
 - keeping up with assignments, etc.

“FEEL IT and DO IT to LEARN IT”

- TEXTS:
- Move your fingers across lines of text, or use a card as a marker to underline the text.
 - Point to headings, “trace” over pictures, graphs with your finger.
 - MOVE as you review or summarize information – get up and walk around or ‘act it out’
 - WRITE to learn it: take notes, make cards, use symbols, etc.
 - Use hands to gesture as you review cards or notes.

- LECTURES:
- Be physically comfortable.
 - Take notes; write to keep yourself involved.
 - Put yourself in the scene that you are studying.
 - Visualize the feel, texture, environment, smell of what is being presented.
 - Use different pens for different information – add color, symbols, pictures.

- STUDYING:
- READ it – WRITE it – **MOVE** it.
 - Use lots of movement – talk with your hands, change position and location.
 - Join study groups.
 - Establish physical rituals for studying such as a location, supplies, etc.
 - Picture where you were when you learned something.

- GENERAL:
- Use technology when possible.