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 from 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.

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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

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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.

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