

WHAT IS YOUR LEARNING STYLE?

You are probably an AUDITORY learner if you:

- speak aloud or move your lips when you read, especially when trying to grasp difficult or complex material
- don't need to take many notes during a lecture because you can remember what you've heard
- say something aloud several times to remember it
- prefer group discussions for studying, planning and problem-solving
- find dialogue among the characters in a novel more interesting than descriptive passages

You are probably a VISUAL learner if you:

- favor presenters who use transparencies or slides
- take many notes during lectures and then rewrite or reorganize your notes
- underline or highlight important information
- prefer illustrations, charts, and graphs to help you understand what you're reading
- fashion strong mental images much like a video or movie when reading a novel

You are probably a KINESTHETIC learner if you:

- start getting fidgety about 10 minutes into a lecture
- teach yourself how to use equipment, such as a computer, through hands-on experimentation and trial and error
- find it easier to show someone how to do something rather than trying to explain it
- prefer role-playing situations, simulations and demonstrations as learning models
- feel like you're participating in a story right along with the characters when you read a novel

USING LEARNING STYLES TO HELP YOU STUDY

Auditory Learners:

1. Talk to yourself or go over ideas and information out loud. Explain what you've read or studied to a friend.
2. Don't play music or have the television on when you're working or studying.
3. If possible, tape lectures and replay them.
4. Read the textbook out loud.
5. Prepare taped verbal summaries of the highlights of a chapter in your own words (an auditory outline).
6. Participate in study/discussion groups.

Kinesthetic/Tactile/Physical Learners:

1. Become physically involved in information by touching and handling things or by writing.
2. Keep moving. A good way to learn something is to walk and talk about it.
3. Role-play. Use lots of gestures to explain the information.
4. Prepare models or demonstrations related to the information you want to learn.
5. Outline chapters or re-write your lecture notes. (The *process* of writing helps you retain information.)
6. Shuffle vocabulary flash cards and physically group them according to the particular concept, lecture or chapter they relate to.

Visual Learners:

1. Take notes. Review them, and then summarize, rewrite or reorganize them. (You need to *see* written material in a visual format that works for you.)
2. Use charts, graphs, diagrams and pictures to help you remember information from lectures and textbooks. (If need be, make your own!)
3. Memorize by seeing pictures or "videos" of the information in your head.
4. Use highlighters and other graphic organizers (numbers, bullets, underlining, boxes, stars, etc.) to make information stand out for you.
5. When you prepare flash cards, consider using colored index cards.
6. Add drawings or illustrations to your lecture notes or vocabulary cards to provide a visual association with a term or concept.

