

LEARNING STYLES

AUDITORY ♦ VISUAL ♦ TACTILE/KINESTHETIC

Auditory Learners

Remember stories better if they hear them than if they read them, can follow spoken instruction better than written ones, and say every word in their head as they read silently.



Auditory Learners can try the following studying tips:

- Record lectures and listen to them several times
- Read notes and textbook material into a recorder
- Discuss concepts with others by participating in class discussions
- Join a study group
- List the steps of a task aloud.
- Read and repeat important points out loud.
- Explain what has been learned to other people.



Visual Learners

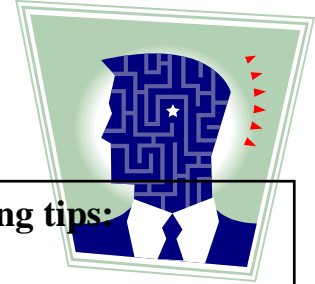
Learn best from reading, like to see things written out, and picture things in their heads to remember them.

Visual Learners can try the following studying tips:

- Watch the instructor and take notes during the lecture.
- Draw out diagrams, charts or tables.
- Organize, rewrite, and highlight notes.
- Visual words or facts that need to be memorized.
- Use an outline to organize information.
- Review notes often.

Tactile/kinesthetic Learners

Enjoy hands-on learning, are good at puzzles and mazes, and can often put things together without instructions.



Tactile/kinesthetic Learners can try the following studying tips:

- Memorize or drill while walking, pacing or exercising.
- Make lists or write things out several times.
- Use computers and hands-on study aids.
- Learn by doing and practicing, or by role-playing.
- Get a study partner.
- Use flash cards to organize facts and information.
- Participate in discussions and ask questions.

Everyone uses all three main learning styles, but relies on one or two for most of their studying and learning. As you can see, each type uses different methods to learn and study. By helping you identify your specific learning styles, you are able to:

1. Understand and remember information more effectively.
2. Achieve higher scores on tests.
3. Use the study strategies that work for you.
4. Determine the areas in which you need help.
5. Adjust your style of learning if you don't understand what is being taught.

What is your main learning style?

What are some strategies you currently used that were recommended in the material? What are some strategies not listed that you use to learn?
