

# UNDERSTANDING YOUR LEARNING STYLE



What are learning styles and why are they important?

Have you ever wondered why you have difficulty learning from a particular instructor, while another seems to explain things in just the right way? It could be due to your learning style. Simply, your learning style is the set of methods you use to most efficiently take in new information. When you are in situations aligned with your learning style, you may feel like learning suddenly becomes easier. Maximizing the overlap between your learning style and how you study is a great way to optimize your time while studying.

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## Learning Styles and Studying Methods

Everyone learns differently. It only makes sense that different learners need different study methods. Examine these learning styles and study tips and see if you are using the best methods for you.

### AUDITORY LEARNERS

Auditory learners are very good listeners that tend to absorb information more efficiently through sounds, music, discussions, etc. These learners are more likely to record lectures so they can replay them later, and appreciate books on tape. Auditory learners tend to do better on oral presentations than written projects.

#### **Auditory Learning Study Tips**

- Record lectures and listen to them several times
- Join a study group
- Read notes and textbook material into a recorder
- Read and repeat important points out loud
- Discuss concepts with others by participating in class discussions
- Teach others what you have learned
- Create musical jingles and mnemonics

### VISUAL LEARNERS

Visual learners typically learn through what they see with their own eyes. These learners sit as close as possible in the classroom and sporting events alike. Visual learners have a tendency to describe everything in terms of appearance. They love visual aids including photos, diagrams, maps and graphs. They are also generally good writers and do well on written assignments.

#### **Visual Learning Study Tips**

- Avoid distractions
- Draw out diagrams, charts or tables
- Organize, rewrite, and highlight notes
- Visualize facts that need to be memorized
- Create and use outlines to organize information
- Review notes often
- Color code parts of concepts to visually separate ideas
- Watch the instructor and take notes during lecture

### **Tip for Success**

Still not sure what type of learner you are? Take this inventory to help find out:

<http://www.vark-learn.com/english/page.asp?p=questionnaire>



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## KINESTHETIC/TACTILE LEARNERS

Kinesthetic (tactile) learners learn best through moving, doing, acting out, and touching. Projects that are hands-on in nature are best for these learners. Tactile learners tend to become frustrated when they sit for long periods of time. They enjoy conducting experiments, exploring, and performing tasks. Kinesthetic learners are good at puzzles and mazes, and can often assemble things without instructions.

### **Kinesthetic/Tactile Study Tips**

- Memorize or review 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
- Chew gum
- Participate in discussions and ask questions
- Do something physical before sitting down to study

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**In the chart below write down your courses and two study techniques from your learning style that you can use to help you succeed in that course.**

Course	Tip #1	Tip #2

## RESOURCES

University Counseling Service 3223 Westlawn South 319-335-7294 ucs@uiowa.edu <a href="http://counseling.studentlife.uiowa.edu/">http://counseling.studentlife.uiowa.edu/</a>	Academic Support & Retention 310 Calvin Hall 319-335-1497 tutoriowa@uiowa.edu <a href="http://tutor.uiowa.edu">http://tutor.uiowa.edu</a>
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Works Cited:

- [www.onsp.umich.edu/current\\_students/mentorship/documents/learningstylesworksheet.pdf](http://www.onsp.umich.edu/current_students/mentorship/documents/learningstylesworksheet.pdf)  
[www.aitmancollege.edu/files/understanding-learning-styles.pdf](http://www.aitmancollege.edu/files/understanding-learning-styles.pdf)  
[www.sdc.uwo.ca/learning/index.html?styles](http://www.sdc.uwo.ca/learning/index.html?styles)