

Understanding Your Learning Style

Learning styles are a 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 is easier. Maximizing the overlap between your learning style and how you study is a great way to optimize time while studying.

Learning Styles and Studying Methods

Everyone learns differently, it makes sense that different learners need different study methods. Think about how you prefer to learn in the classroom. Do you prefer learning by listening to a lecturer? By viewing charts and graphs? Or by conducting experiments to explore new topics? Take a look at the following learning styles to see which method and study tips work best for you. Keep in mind that you may find that a combination of learning styles works well for you, and that is ok! If you're still not sure what type of learner you are after looking at these styles, visit the following link for a clearer idea: <http://www.vark-learn.com/english/page.asp?p=questionnaire>

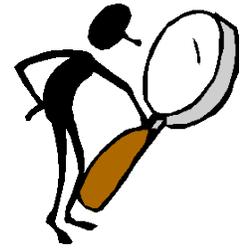
Are you an AUDITORY LEARNER?

Do you prefer to learn information through sounds, music, or discussions? Then you have aspects of an auditory learner. These learners are more likely to record lectures so they can replay them later, and they appreciate books on tape. Auditory learners tend to prefer oral presentations over written assignments.



Auditory Learning Study Tips

- Read notes and textbook material into a recorder
- Read and repeat important points out loud
- Teach others what you have learned
- Create musical jingles and mnemonics
- Discuss concepts with others by participating in class discussions



Are you a VISUAL LEARNER?

Do you prefer to learn information with the help of visual aids including photos, diagrams, maps and graphs? Then you have aspects of a visual learner. Visual learners typically learn through what they see with their own eyes. These learners sit as close to the front as possible in the classroom and sporting events alike. Visual learners have a tendency to describe everything in terms of appearance. They are generally good writers and prefer written assignments.

Visual Learning Study Tips

- Avoid distractions
- Draw out diagrams, charts or tables
- Organize, rewrite, and highlight notes
- Color code parts of concepts to visually separate ideas
- Create and use outlines to organize information

Are you a KINESTHETIC LEARNER?

Do you learn best by moving, doing, acting out, and touching? If so, you are a kinesthetic learner. Kinesthetic learners prefer projects that are hand- on and that include conducting experiments, exploring, and performing tasks. These learners are good at puzzles and mazes, and can often assemble things without instructions.

Kinesthetic Learning Study Tips

- Memorize or review while walking, pacing, or exercising
- Use computers and hands-on study aids
- Learn by doing and practicing, or by role-playing
- Chew gum
- Do something physical before sitting down to study
- Make lists or write things out several times

Whichever method works best for you, stick to it when you learn in and outside the classroom!

