

# Learning Styles

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Using How You Learn Effectively



# Learning Styles

Have you ever paid attention to how you learn? Knowing how you learn best will maximize the time you spend studying and also maximize the time you spend in class each day. Time is valuable so that is important. Determine what type of learner you are and then use the study suggestions which follow to help you plan your study sessions. Your guidance counselor will be administering a Learning Style Inventory to help you determine your learning preferences.

## **Visual Learners**

- ✓ Relate best to written information, love books, like a quiet study spot, like to take notes, remember better by seeing information written or in charts/diagrams, are attentive to details, minds wander during lectures

## **Auditory Learners**

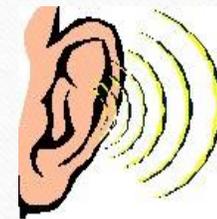
- ✓ Like to talk, remember names, lose concentration easily, prefer oral directions, prefer lecture and discussions, cannot concentrate when noisy, enjoy music

## **Kinesthetic Learners**

- ✓ Move around a lot, like to do rather than read about, like to touch objects, do not spell well, like to walk around while studying, like to participate in learning

## **Auditory Learners (25-30% of learners)**

- Find ways to incorporate music, sounds, rhymes, chants, rap, etc. into learning situations.
- Study, reading text out loud or find someone who will read text/questions aloud.
- Need to hear information aloud
- Need help to understand graphs, charts, etc.
- Use jingles to help remember
- Need to designate extra time to read
- Use MP3 to record information that you read aloud to yourself
- Use mnemonic devices



## **Tactile-Kinesthetic Learners (5-10% of learners)**

- Set your notes; move around rooms as you are learning
- Study in shorter segments
- Stand and move while studying
- Be active learners (build models, highlight, underline, draw graphic organizers, whenever possible)
- Have music in background while studying
- Find model to imitate on computer
- Relate to practical application whenever possible
- Use flash cards, rewrite, make study tools to hold, use models



## **Visual Learners** (about 65% of learners)

- Color code
- Organize your notes
- Study the graphics
- Watch demonstrations or videos on your subject
- Draw concept maps (visual brainstorming)
- Create outlines- use highlighters of different colors
- Write practice tests
- Use your Agenda Book
- Make mind maps (visual representation of your thoughts)
- Incorporate white space in your notes- (important organizational tool)
- Draw pictures as you read
- Use symbols
- Envision the new information
- Use flash cards
- Diagram sentences
- Avoid distractions
- Take detailed notes
- Use the handouts

