

Study Strategies for Three Different Learning Styles

LEARNING STYLE: THE WAY IN WHICH THE MIND RECEIVES AND PROCESSES INFORMATION

Being aware of one's learning preference and being able to adapt to other styles of learning enhances the student's ability to think and recall information allowing the student to become a more balanced learner. Natural learning preferences can still be retained, but the mind can be stretched by understanding and experiencing more than one learning style. As a result of this adaptability, the student is then able to be a more efficient and flexible learner who even has the ability to adapt to different teaching styles within the classroom.

DO YOU EVER HAVE DIFFICULTY LEARNING?

You may be processing the information outside of your learning style.

Visual Learners | Learn through Seeing

- sit near front to eliminate visual obstructions
- read text **before** class
- form pictures in their mind to recall later
- take detailed notes to absorb information
- color code notes and text
- use flash cards
- use notebooks for organization
- watch video clips
- add maps, diagrams and pictures

Auditory Learners | Learn through Hearing

- listen actively, carefully
- read aloud; written information may have little meaning until it is heard
- record lecture and/or record yourself
- recite, restate key ideas to yourself
- make up rhymes, poetry
- participate in study groups

Kinesthetic Learners | Learn through Moving, Doing, Touching

- move finger along text while reading; underline
- write notes during lecture
- write lists repeatedly
- use index cards...write, shuffle, sort cards
- pace and/or walk as they study
- take a short break when distractions begin to surface