

# VISUAL

# KINESTHETIC

# AUDITORY

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.



*Absorb & recall information by:*

## ***SEEING***

### **CHARACTERISTICS**

- Loves books, magazines, reading material
- Relates best to written information: notes, flashcards, graphs, etc...
- Likes to have pen and paper handy
- Has trouble following long lectures
- Organized and neat

### **SUGGESTIONS**

- Sit near the front of class to minimize distractions
- Read text before class
- Take numerous, detailed notes during lecture
- Recopy and/ or reorganize notes
- Use flashcards
- Make lists
- Watch video clips
- For math or technical information, write out in detail how to do each step
- Use highlighters, underline
- Jot down key points on post it notes; display around the house
- Find a quiet place to study

*Absorb & recall information by:*

## ***TOUCHING DOING MOVING***

### **CHARACTERISTICS**

- Difficulty focusing
- Prefers participating actively rather than reading a book
- Gets restless during long lectures
- Increased focus by drumming fingers,
- Tapping feet
- Moves hands while talking

### **SUGGESTIONS**

- Take notes, never put your pencil down
- Engage in hands-on activities
- Pace as you study; lecture yourself
- Study in short blocks of time
- Take breaks and move around
- Change subjects and study activities on a regular basis
- Use index cards as a "manipulative." Shuffle, sort, etc....
- Move finger along text while reading; underline
- Choose a study area that allows room to move around

*Absorb & recall information by:*

## ***HEARING***

### **CHARACTERISTICS**

- Talkative in class
- Enjoys discussion and debate
- Prefers lectures, oral presentations, music
- Often sings, hums, or whistles
- Talks to self
- Follows oral directions better than written ones

### **SUGGESTIONS**

- Sit where hearing will not be an issue
- Read textbooks and notes aloud
- Participate in discussions
- Describe aloud what is to be remembered
- Summarize and tape notes; listen during other activities
- Use word associations, rhymes, and jingles
- Review flash cards by reciting them aloud
- Join a study group--listening to others and yourself increases your knowledge