

Learning Styles

Learning styles represent the primary way we learn and retain information. The three basic learning styles are visual (learn best from what we see), auditory (learn best from what we hear) and kinesthetic (learn best by doing).

Visual Learners benefit from seeing the way something looks or works. They recall images when trying to remember something. For example, they are better at remembering faces than names.

Strategies for Visual Learners:

- ❖ Write things down
- ❖ Look at the person speaking
- ❖ Take notes
- ❖ Recopy information
- ❖ Highlight important information
- ❖ Make flashcards
- ❖ Record tasks and cross out as completed
- ❖ Make charts and diagrams
- ❖ Create mental images

Auditory Learners succeed when directions are read aloud or when information is presented and requested verbally. They can be easily distracted by extraneous sounds and rarely take notes.

Strategies for Auditory Learners:

- ❖ Read aloud
- ❖ Listen to books on tape
- ❖ Repeat vocabulary words and read definitions aloud
- ❖ Study with a buddy and talk about information
- ❖ Use a tape recorder to record information to study from

Kinesthetic Learners learn as they move around. They remember things from participating in them.

Strategies for Kinesthetic Learners

- ❖ Create index cards and read the information aloud while walking around
- ❖ Work for 20-30 minutes, then take a 10 minute break
- ❖ Touch work. Make models, charts and drawings
- ❖ Use brightly colored paper under study materials to improve focus
- ❖ Write vocabulary words in textured materials such as sand
- ❖ Trace words with your eyes closed

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This chart helps you determine your learning style; read the word in the left column and then answer the questions in the successive three columns to see how you respond to each situation. Your answers may fall into all three columns, but one column will likely contain the most answers. The dominant column indicates your primary learning style.

When you..	Visual	Auditory	Kinesthetic & Tactile
Spell	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
Talk	Do you sparingly but dislike listening for too long? Do you favor words such as <i>see, picture, and imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear, tune, and think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel, touch, and hold</i> ?
Concentrate	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
Meet someone again	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
Contact people on business	Do you prefer direct, face-to-face, personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
Read	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
Do something new at work	Do you like to see demonstrations, diagrams, slides, or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
Put something together	Do you look at the directions and the picture?		Do you ignore the directions and figure it out as you go along?
Need help with a computer application	Do you seek out pictures or diagrams?	Do you call the help desk, ask a neighbor, or growl at the computer?	Do you keep trying to do it or try it on another computer?

Adapted from Colin Rose(1987). Accelerated Learning.

Tips For Improving Memory Skills

- **Link it**
Connect new ideas to what you already know. For example, if you know that *either* is spelled *ei* rather than *ie*, you can use this to learn that *neither* is spelled with the same pattern.
- **Repeat it**
Repetition helps fix information in your mind. Recite facts aloud or write them down.
- **Play with it**
Use memory tricks, little sayings that jog your mind. For example: *Please Excuse My Dear Aunt Sally* is used to remember the order of operations for math (parentheses, exponents, multiplication, division, addition, subtraction).
- **Write it down**
Write important information on index cards. Use as flash cards to help remember facts, definitions, formulas, ideas, etc.
- **Sing it**
Songs stick in our minds because of their strong rhythms. Set important facts to songs to help fix them in your mind.
- **Visualize it**
As you study, form a mental picture of a person, place, thing or idea. You can do this by imagining how it looks, smells, sounds, tastes or feels.

Reprinted from Scholastic Guides Super Study Skills by Laurie Rozakis, Ph.D.