

## Developing Study Skills for Your Learning Style

### Learning Style Is Important

How much you learn (and how easily you learn it) often has more to do with how the information is presented than whether you are “smart.” Everyone is smart in some way or another. When you understand the ways you learn best, you can use your strengths to learn new information more quickly, both in and out of school.

### About Your Learning Style

**Visual Learners**—like to have information in writing or laid out in charts and graphs. They want a teacher to make lists on the board (not just talk) and they often sit up front to see better. Most visual learners love to read. Many like to draw and are good spellers. They learn best in quiet surroundings and prefer to follow written instructions.

**Auditory Learners**—learn by listening, and that includes listening to themselves. They frequently have to say something aloud in order to learn it, so they tend to talk a lot—sometimes to themselves. Auditory learners sit where they can hear well. They have no trouble following spoken instructions, and learn best through lectures, presentations and discussions.

**Tactile/Kinesthetic Learners**—require action to learn. Nothing is more frustrating to a tactile/kinesthetic learner than being forced to sit through endless lectures with no hands-on practice. They like to be physically active and learn by touching, moving and doing. They like to handle things, take them apart and put them back together. They like it when instructions are demonstrated.

### Study and Learn More Effectively

Here are some things you can do if you are:

#### Visual

- When reading a book, study the charts, graphs, pictures and diagrams.
- Include diagrams and charts in written reports.
- Sit where you have a clear view of the teacher.

- Always keep paper and pencil handy for taking notes or sketching.
- Use colored pens to highlight important points in your textbooks.
- Illustrate any stories you write.
- Study in a quiet place, away from people talking.
- Visualize information to help remember the details.
- Imagine scenes from history or literature. Put yourself in the action.

#### Auditory

- Take part in class discussions and debates.
- Make speeches and presentations instead of writing reports (if you can).
- Read aloud.
- Repeat verbal instructions.
- Stimulate discussion by asking lots of questions.
- Use a tape recorder instead of taking notes.
- Listen to audio tapes on the subject you are learning.
- Outside of class, discuss assignments with other students.
- Have a friend write down your ideas while you dictate them.
- Work with a partner or a group.

#### Tactile/Kinesthetic

- Take frequent study breaks.
- Move around while thinking and planning.
- Work at a tall stand-up desk or on a slow-moving treadmill.
- Chew gum while studying.
- Play music in the background.
- Volunteer for hands-on activities, field projects, role-plays and skits.
- Use charades, miming and picture-drawing games.
- Make models and create demonstrations to explain your ideas.
- Any kind of muscle movement helps, so underline and highlight important points on your books.
- Make lists and check things off as you do them.

- Make maps, mind maps and drawings—more physical movement.
- Trace around new words or ideas.

### Be Versatile!

Don't get too stuck on one style—even your favorite way of learning has its limitations. The more ways you explore a subject, the more you will learn.

- To reinforce new learning, try using all three methods. Write it down, say it aloud and do something with it.
- Practice instructions as you read them.
- When listening to a lecture, construct a mind map. Mind maps appeal to all three styles. You hear the information, physically draw it, and see it.
- Use post-it notes and index cards. Write the information down, and then physically move the notes or cards around into different organizational groups.

