

Your Preferred Learning Style

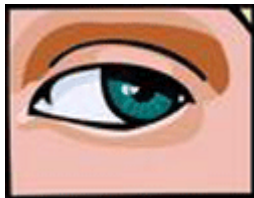
A learning style is a way of learning. YOUR preferred learning style is the way in which YOU learn best. Three learning styles that are often identified in students are the Auditory Learning Style, the Visual Learning Style, and the Tactile/Kinesthetic Learning Style. Read about each of these learning styles to identify YOUR preferred learning style.

Are you an Auditory Learner?



Auditory Learners learn best when information is presented in an auditory language format. Do you seem to learn best in classes that emphasize teacher lectures and class discussions? Does listening to audio tapes help you learn better? Do you find yourself reading aloud or talking things out to gain better understanding? If YES, you are probably an Auditory Learner.

Are you a Visual Learner?



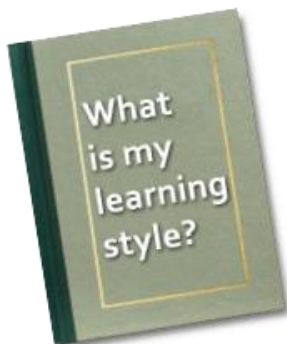
Visual Learners learn best when information is presented in a written language format or in another visual format such as pictures or diagrams. Do you do best in classes in which teachers do a lot of writing at the chalkboard, provide clear handouts, and make extensive use of an overhead projector? Do you try to remember information by creating pictures in your mind? Do you take detailed written notes from your textbooks and in class? If YES, you are probably a Visual Learner.

Are you a Tactile/Kinesthetic Learner?



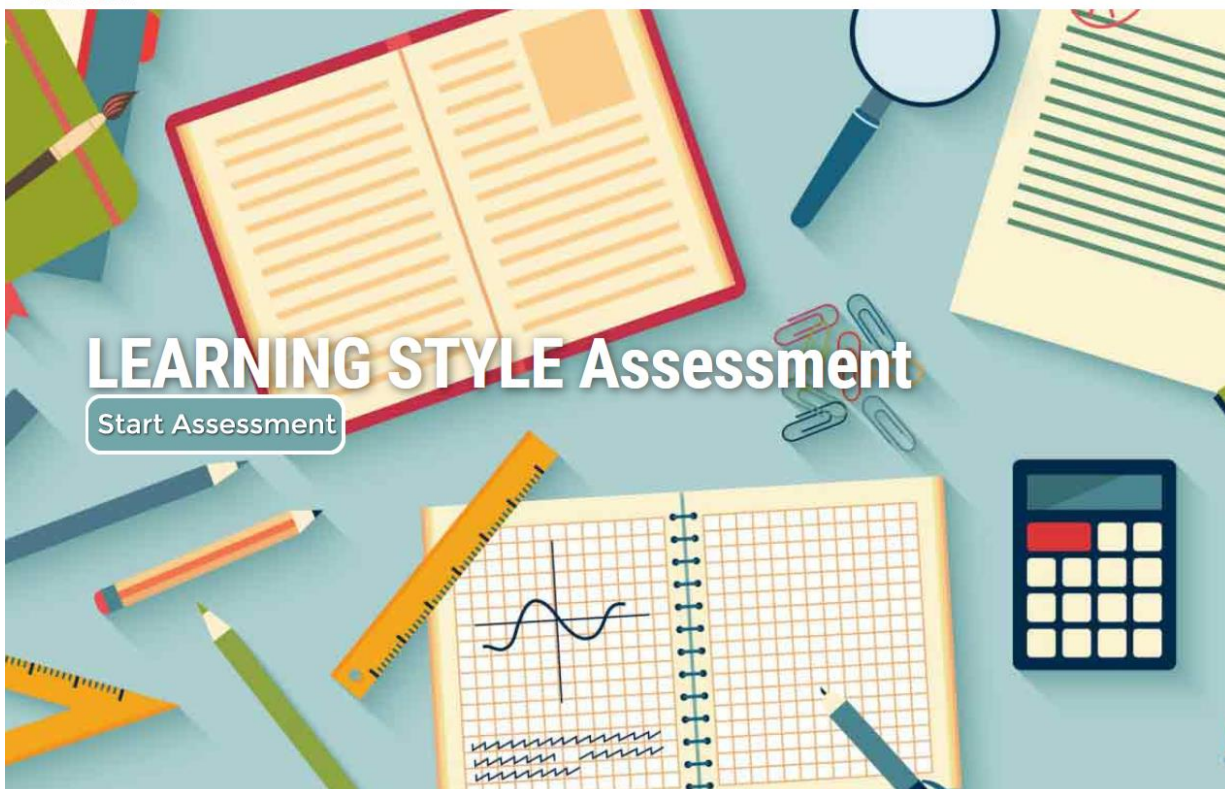
Tactile/Kinesthetic Learners learn best in hands-on learning settings in which they can physically manipulate something in order to learn about it. Do you learn best when you can move about and handle things? Do you do well in classes in which there is a lab component? Do you learn better when you have an actual object in your hands rather than a picture of the object or a verbal or written description of it? If YES, you are probably a Tactile/Kinesthetic Learner.

Your learning style is your strength. Go with it whenever you can. When you can choose a class, try to choose one that draws heaviest on your learning style. When you can choose a teacher, try to choose one whose teaching method best matches your learning style. When you choose a major and future career, keep your learning style firmly in mind.



Start your assessment (30 questions):

<https://www.how-to-study.com/learning-style-assessment/index.asp>



1.1 Auditory Learner

Auditory learners learn best when information is presented in a spoken language format. If you are an auditory learner, the suggestions that follow can help you to succeed in school to the best of your ability.

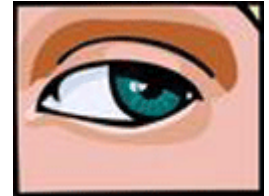


- Participate in **study groups** in which you can talk things out.
- If allowed by your teacher, use a **recording device** to record class sessions. Use the recordings to support your written notes.
- Use a recording device to record important information from your textbooks so that you can **listen to the information** as frequently as needed.
- Work out math problems **aloud**, explaining to yourself the steps you are doing.
- Repeat facts and definitions of words over and over to yourself **with your eyes closed**.
- Create musical jingles or songs to remember information.
- Dictate assigned papers and type them later.
- Participate in **class discussions** as much as possible.
- Look for **books on tape** or other audio materials when learning about a subject.
- Be certain that your study place is free of auditory distractions.
- When you encounter new words while reading, **sound them out** syllable by syllable.
- **Sit in front of the class** to minimize things that might distract you from what your teacher is saying.
- **Read aloud** when doing proofreading.

Try these suggestions and learn which ones work best for you.

1.2 Visual Learner

Visual learners learn best when information is presented in a written language format or in another visual format such as pictures or diagrams. If you are a visual learner, the suggestions that follow can help you to succeed in school to the best of your ability.



- Create **graphic organizers** such as diagrams and concept maps that use visual symbols to represent ideas and information.
- When trying to remember information, **close your eyes and visualize** the information.
- **Include illustrations** as you take notes in class.
- Use **highlighter pens** of contrasting colors to color code different aspects of the information in your textbooks.
- Sit in the front of the class so that you can clearly see the teacher. This will allow you to pick up facial expressions and body language that provide cues that what your teacher is saying is important to write in your notes.
- Study in a place that is **free from visual distractions**.
- When using flashcards, **limit the amount of information on a card** so that you can form a mental picture of the information.
- **Watch videos** about topics you are studying in class.
- When hearing a new word you want to remember, **visualize its spelling**.
- When reviewing information, rewrite or draw the information from memory.
- When taking notes, **replace words with symbols** wherever possible.
- Type your written notes from class using different fonts, bold print, and underlining to make the most important concepts and facts visually apparent.
- When solving math problems that involve a sequence of steps, **draw a series of boxes**, each containing the appropriate piece of information in sequence.

Try these suggestions and learn which ones work best for you.

1.3 Tactile/Kinesthetic Learner

Tactile/Kinesthetic learners learn best when they can use their sense of touch and can move about. If you are a tactile/kinesthetic learner, the suggestions that follow can help you to succeed in school to the best of your ability.



- **Be physically active** while you study. Rather than just sit at your desk, occasionally walk back and forth with your textbook or notes as you read the information out loud.
- To decrease your fidgeting as you study, listen to music, preferably baroque music. However, discontinue this if you find the music to be distracting.
- Make extensive use of a computer and the Internet. **Actively touching the keyboard will keep your mind active.**
- Take **extensive written notes in class**. Edit and type them later.
- Study in short blocks of time with frequent but short breaks.
- Do something physical as you study such as **tapping a pencil or squeezing a stress ball**.
- **Use your finger** as a guide while reading.
- **Act out things** you have to learn whenever possible.
- **Construct models** of things you have to learn whenever possible.
- If you find it difficult to sit at a desk when studying, try lying on your stomach or back.
- When trying to remember information, close your eyes **and "write" the information in the air**. Picture the information in your mind as you do so.
- Use concrete objects to help you understand math concepts.
- When trying to learn the spelling of a difficult word, **arrange letter blocks** to spell the word.

Try these suggestions and learn which ones work best for you.