

Understanding your Learning Style Study Tips to increase “staying power”

Tips for the Auditory Learner

- Work in quiet areas to reduce distractions, avoiding areas with conversations, music and television.
- Rehearse information orally. Put your summarized notes onto tapes and listen to them.
- Read your summarized notes aloud.
- Remember to examine illustrations in textbooks and convert them into verbal descriptions.
- Discuss the topics covered in class with other students and the professor.
- Use rhymes, jingles, and auditory repetition through tape recording to improve memory.
- Leave spaces in your lecture notes for later recall and “filling in.”
- Your lecture notes may be poor because you prefer to listen. You will need to expand your notes by talking with others and collecting notes from the textbook.
- Try to study with other auditory learners. Record the study session and play it back at a later time.

Tips for the Visual Learner

- Sit in the front of the room to avoid distraction and away from doors or windows where action takes place.
- Use neatly organized or typed material.
- Use note pads, Post-its, to-do lists, and other forms of reminders.
- Participate actively in class or group activities.
- Use highlighters when reading a textbook.
- Underline words or phrases that are important.
- Make frequent use of symbols and colors in your notes and study guides.
- Use flow charts, graphs, charts, maps, etc. to help you learn specific material.
- Use flashcards to help memorize vocabulary words and key points of information.
- When taking notes, use the concept mapping format (place main idea in the center and circle it; subordinate points stem from the center) or outline format.

Tips for the Tactile/Kinesthetic (Hands-on) Learner

- Create a standing study spot; allows you to move slightly while working
- Make use of laboratories and/or hands-on experiments when possible. Take notes.
- Look at exhibits, samples, and photographs relating to the subjects you are studying.
- Create your own charts and graphs. Use pictures and photographs to illustrate ideas.
- Type or handwrite your notes over after the lecture.
- Put plenty of examples into your summary. Use case studies and applications to help with principles and abstract concepts.
- Talk about your notes and assignments with another kinesthetic learner.
- Teach the material (concepts, problems, etc.) to someone else. Research shows that we remember 95% of what we teach!
- Use the trial and error method, where applicable.
- Allow for physical action in solving problems.