

LEARNING STYLES

There are many learning style assessments that you can access online, but one of the simplest methods of looking at learning style is through your senses:

- ✓ Learning through seeing or visual sense
- ✓ Learning through hearing or auditory sense
- ✓ Learning through movement or tactile sense

Most people learn through all three, but they usually have a preferred approach to learning.

What is your preferred approach?

Take the following quick inventory (20 questions) to determine your preferred learning style at this link located at Education Planner.org:

<http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>

Select the option “Answer the 20 Questions”

See a description of each mode by choosing “Just Show Me the Results”

After, you complete the inventory, you will be given a list of strategies for your preferred style.

- ✓ Take note of these strategies—many of them you already do!
- ✓ Learn about additional strategies that could make you more successful in your classes.
- ✓ College gives you the opportunity to meet others of diverse backgrounds and they may differ from you in profound ways. Use the opportunity to creatively solve difficult learning situations. Expect to encounter different learning styles!
- ✓ Develop and learn strategies that are not your preferred learning style.
- ✓ When an Instructor’s teaching style does not match your learning style, explore learning style strategies that could facilitate success.

See below for more learning style strategies and increase your success in courses:

VISUAL LEARNERS

Do you find that you must see things written on the board or on paper before you can begin to understand and comprehend what is being said? Would it drive you crazy if you had to listen to a lecture and you had nothing to write with or if the instructor wrote nothing on the board?

Strategies for visual learners:

- ✓ Always take written notes when someone is explaining something to you.
- ✓ Whenever possible, ask for written instructions.
- ✓ In class, concentrate on what the instructor is writing on the board and copy everything down.
- ✓ Consider using two or more textbooks. Read how different authors explain the topics you are learning.
- ✓ Read your textbook assignment and previous class notes before your next class.
- ✓ Use workbooks, supplemental study guides, handouts.
- ✓ Always write in your textbook. Underline key words. Mark important concepts and use colored pencils to liven them up. Write questions in the margins of your text. Look up words you do not know the meaning of in the text, and write the definition in the margin.
- ✓ When reading text books, look up words you don’t know and write the definition in the margin of the book.

AUDITORY LEARNERS

Do you prefer to have someone explain the material to you then read about it or see it on paper? Do you often have to repeat questions aloud or in your head before you can figure them out? Do you have trouble understanding a point the instructor is making when they write on the board, but don't explain each step aloud while writing?

Strategies for auditory learners:

- ✓ Take part in classroom discussions.
- ✓ Ask lots of questions in class, after class, and in help sessions. Ask for clarification if you don't completely follow an explanation in class.
- ✓ Restate or paraphrase, in your own words, concepts you are trying to understand.
- ✓ Ask your instructor if they will repeat concepts you feel are important.
- ✓ Listen carefully to the instructor. Mentally follow the concepts, and then write them down to capture what was said.
- ✓ If you cannot get everything the instructor writes on the board, find a classmate who seems to be more of a visual learner and is writing everything from the board. Ask if you could photocopy this person's notes after class.
- ✓ When figuring out a difficult homework assignment, you may want to read it aloud and write it down.
- ✓ Read your class notes and textbook notes aloud whenever possible, paraphrasing them in your own words.
- ✓ Talk about Biology, English, History, or whichever subject you are learning with a study partner or anyone who might listen. Maybe even a dog.
- ✓ Listen for key words in class. Note if your instructor emphasizes certain points through the tone in their voice.

TACTILE/KINESTHETIC LEARNERS

Do you prefer real-life experiences with school subjects? Do you find that you like to move around when you study, pace the floor, or shift positions a lot?

Strategies for tactile/kinesthetic learners:

- ✓ Use a hands-on approach to learning, making models, manipulating objects in as many ways as possible.
- ✓ Use lots of different colored pens and pencils when taking notes.
- ✓ If someone shows you how to do something, immediately ask if you could work it out to see if you understand it.
- ✓ Time yourself, when studying, allow 10-minute blocks of concentration then get up and move around, change positions, get a snack. (Only allow 5 minutes for these breaks). Set a timer if necessary.
- ✓ Type out your notes, summarize chapters on the computer and use workbooks.
- ✓ While you exercise or engage in other types of physical activities, review the material you are currently studying. Think about what you are studying while you are working out or walking.
- ✓ Rewrite class notes.