



## Learning Styles



### HOW DO YOU LEARN BEST?

Every person learns new things in unique ways. Some people enjoy learning things by listening to a lecture or other peoples' stories. Others enjoy reading material from newspapers, textbooks, or other written books. While others enjoy the hands-on approach and learn by actually doing. There are many people who learn best from a combination of different approaches and in many cases, more than one learning style is involved in a particular task. There are many theories of how people learn. One theory often referenced is called the Visual, Auditory, Kinesthetic (tactile, or haptic) theory which classifies people into different groups based on activities people enjoy doing while they learn.

### WHICH STYLE ARE YOU?

To find out which style you are, link to the website listed below and take the assessment. The assessment will take you around 5 minutes and after you submit it, you will get scores for the different areas. In this survey, there are 2 visual scores, 1 auditory score, and one kinesthetic score. The area where you have the largest number is your dominant style. However, most people may have equal scores in different categories which indicate you enjoy learning in multiple ways. The different categories will be explained on the website and below as well as some "Learning Tips" for each style of learner. (If you wonder about confidentiality and typing in your name, you can do the survey without providing your name.)

Link: [http://www.metamath.com/multiple/multiple\\_choice\\_questions.html](http://www.metamath.com/multiple/multiple_choice_questions.html)



## VISUAL LEARNERS “Learn best by SEEING”

Visual learners enjoy learning new material by watching and seeing. This may involve reading a textbook, newspaper, magazine, or reading material online. During lectures, visual learners may pay more attention to how the speaker moves around the room and would enjoy having a power point presentation so they can visualize the material as the lecturer talks. These learners enjoy activities with charts, demonstrations, videos, and will often associate pictures with new words or ideas. They can visualize faces and places and seldom get lost in new surroundings.

### **STUDY TIPS FOR VISUAL LEARNERS:**

- Utilize written directions, syllabus, and instructions for assignments.
- Use charts, diagrams, and illustrations to help learn and organize material.
- Visualize or “see” words or ideas.
- Use mnemonics that visualize patterns or concepts.
- Use color to organize notes, ideas and lessons.
- Use a highlighter and write as you read through material or notes.
- Use flashcards.
- Draw pictures for story problems to help visualize the content.
- Your study environment should be clutter free to eliminate distraction.
- You may want to study away from windows, television, or away from where there is a lot of movement.

## AUDITORY LEARNERS “Learn best by HEARING”



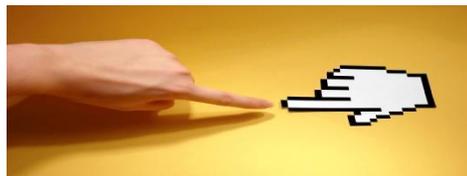
Auditory learners gain information easily by listening. They like lectures, explanations, music, and directions given orally. It is helpful for auditory learners to be given an overview of what is going to be studied so that subsequent information can be attached to the preview. A helpful suggestion is to, “Tell them what they are going to learn, teach them, and tell them what they have learned.”

Auditory learners often talk to themselves as they process information. Frequently, small group work and Supplemental Instruction sessions are helpful.

### **STUDY TIPS FOR AUDITORY LEARNERS:**

- Use a tape recorder to drill technical vocabulary, key names and date
- Brainstorm aloud
- Discuss ideas, plot, main ideas, etc., with a tutor or study buddy
- Read difficult material aloud
- Scan books on tape/CDs
- Study in quiet areas
- Explain new information to someone
- Repeat new information, instructions, and directions aloud
- Sit in the front of the class
- Attend Supplemental Instruction sessions
- For foreign language students, listen to music, participate in conversations, watch movies in that other language
- Verbalize questions and answers
- Take time to recite information in your own words
- Make verbal connections between old and new information

### **KINESTHETIC LEARNERS “Learn best by TOUCHING and DOING”**



Kinesthetic learners are sometimes called haptic or tactile learners. They learn through their body movements and placements; doing and moving activities. A high percentage of athletes are found to have this learning style. Kinesthetic learners may like to move around when they study and may have difficulty sitting still for long periods of time.

### **STUDY TIPS FOR KINESTHETIC LEARNERS:**

- Use as many senses as possible when you study: see, hear, touch, taste, & smell
- Write out study cards, review them during your free time, and place them in stacks of those you know and don't know, recite them as you move them
- Study in small chunks; give yourself breaks and rewards
- Use the mnemonic device of “loci” or place (See Study Tip #4)

- Study with other kinesthetic learners as their gestures may give you additional input
- Pace as you memorize something; speak the information aloud
- Make models, experiments, role play, and drawings; dramatize information
- Use charts or a chalkboard
- Underline and circle important information
- Use time lines, flow charts, displays, the computer, etc.
- Trace or write key information; possibly, rewrite or type out your notes
- When solving a problem, move around and manipulate items to represent parts of the problem
- When taking exams, try to remember what you did physically as you studied

### **Different Definitions of Learning Styles**

Defining learning styles by visual, auditory, and kinesthetic is very common; however, some people define learning styles differently. Research into right brain and left brain learning has been done with very interesting results. Also, Howard Gardner from Harvard University has created a Multiple Intelligence designation which is a totally different look at learning preferences. If this topic interests you, please check into these areas.

**BE PROACTIVE ABOUT GETTING HELP RATHER THAN REACTIVE AFTER IT IS TOO LATE!!!**