




What Learning Style Are You?¹

Understanding what your learning style is will help you tailor your study habits to the way that you learn best. Understanding what will be most effective for you as an individual will help you work smarter rather than harder. Focusing on memorization strategies that appeal to your learning style will allow information to be recalled with more effective and more vivid detail.

 Visual Learner	 Audio Learner	 Kinesthetic Learner
<ul style="list-style-type: none"> • When something is being described, the visual learner also prefers to have a picture to view. • Prefers a time-line or some other similar diagram to remember historical events. • Prefers written instructions rather than verbal instructions. • Observes all the physical elements in a classroom. • Carefully organizes their learning materials. • Enjoys decorating their learning areas. • Prefers photographs and illustrations with printed content. • Remembers and understands through the use of diagrams, charts and maps. • Studies materials by reading notes and organizing it in outline form 	<ul style="list-style-type: none"> • Remembers what they say and what others say very well. • Remembers best through verbal repetition and by saying things aloud. • Prefers to discuss ideas they do not immediately understand. • Remembers verbal instructions well. • Enjoys the opportunities to present dramatically, including the use of music. • Finds it difficult to work quietly for long periods of time. • Easily distracted by noise, but also easily distracted by silence. • Verbally expresses interest and enthusiasm. • Enjoys class and group discussions. 	<ul style="list-style-type: none"> • Remembers what they DO very well. • Remembers best through getting physically involved in whatever is being learnt • Enjoys acting out a situation relevant to the study topic • Enjoys making and creating • Enjoys the opportunities to build and physically handle learning materials • Will take notes to keep busy but will not often use them

¹ Try the Abiators Learning Style Assessment: <http://www.berghuis.co.nz/abiator/lsi/lisiframe.html>

Important Tips to Keep in Mind

- **Do what works for you!** Find out what works and stick with it. No matter how unconventional or contrary to theory- if it works, keep it up.
- **Play to your strengths.** If you know what you are good at, build on that by incorporating strategies that incorporate your learning style.
- **Learn from those around you.** The best person to learn study skills from is a successful student. Find out how your smart friends learn, and try it out.

<i>Visual Learning Tips</i>	<i>Auditory Learning Tips</i>	<i>Kinesthetic Learning Tips</i>
<ul style="list-style-type: none"> • Use charts, maps, films, posters and visual aids • Focus on the speaker' face and how they speak and move • Set a goal on paper and post it near your work area • Work in a quiet area, away from visual distraction • Highlight important ideas with different colors • Use flash cards and then check answers • Use guided imagery • Form pictures in your mind • Use color codes • Watch lips move • Form pictures in your mind 	<ul style="list-style-type: none"> • Study in groups to discuss topics • Read out loud • Record information so you can listen to it again later • Associate things with music and limericks • Use Mneumonics • Say important information over and over to memorize • Say your goal out loud • Use verbal analogies and story telling to demonstrate your point • Talk to yourself • Sound out words • Listen to music or tapes 	<ul style="list-style-type: none"> • Pace back and forth while reviewing notes • Fidget by moving your legs, chew on gum or do anything that will not be disturbing to others. • Participate in everything • Use colored transparencies to make white paper more interesting. • Study away from the desk • Try studying in different positions, like lying on the floor or pacing.

Check out these links for more information on Learning Styles

- Abiators. "Learning Style Assessment." <http://www.berghuis.co.nz/abiator/lsi/lisiframe.html>
- Melmetics High Performance Learning. "Learning Styles Online." <http://www.learning-styles-online.com/>
- Illinois Online Network. "Learning Styles and the Online Environment." <http://www.ion.illinois.edu/resources/tutorials/id/learningStyles.asp>