

STRATEGIES FOR YOUR LEARNING STYLE

KNOWING YOUR LEARNING STYLE IS POWERFUL

ALREADY KNOW YOUR LEARNING STYLE? | Knowing your personal learning style can be transformative information -- especially if you are aware of the characteristics and preferences that often accompany your style. Put that knowledge to good use by choosing and implementing strategies from this guide, which can lead to increased speed, retention, and efficiency as a learner.

NOT SURE WHICH LEARNING STYLE IS YOURS? | Take a few moments to answer some questions in the [Learning Styles Assessment](#) guide also available in this series to identify your learning style and learn a bit about it. Then, come back to this guide to choose study strategies and note taking tips that will work best for you.

SIGHT: STRATEGIES FOR VISUAL (V) LEARNERS

GENERAL STRATEGIES

- Take notes, make pictures, graphs, and charts. Use flashcards and highlight key details
- Sit close to the teacher so that you can watch his /her face and gestures.
- Take notes or make lists as you listen to directions.
- Carefully check instructions written on the chalkboard and on handouts.
- As the teacher lectures, pay attention to visual aids such as the following:
 - Drawings, maps, graphs, charts
 - Posters, films, books
 - Imagine pictures of the information you are supposed to remember.
 - Use color coding as cues to important information.
 - When possible, read assignments silently.
 - Maintain class notes and outlines of important information to study.
 - Try to read and study in well lit, quiet place.
 - Record homework assignments in a date book, on a note pad, or a specially designed assignment sheet.
 - Keep a note pad with you at all times. Write out everything for frequent and quick visual review.
 - Look on the Internet at sites such as YouTube for video clips that might enhance your learning

READING STRATEGIES

- Use sight words, flashcards, note cards and experience stories; don't try to sound words out, but try to determine if the new word or words has words you already know. For example, the "systematic" has the word "system", "stem" and "mat" within it.
- You are a "look-and-say" learner. Look at a word carefully; then say it.
- Study away from visual distractions (i.e. televisions, posters, motion)

WRITING STRATEGIES

- Jot down ideas as they form in your mind.
- Outline your ideas.
- Make a rough draft, skipping lines. Correct/revise your work.
- **ESSAY TEST:** Make quick outlines on scratch paper or in the margin of the test before writing your answer.

MATH STRATEGIES

- Visualize the problem.
- Make pictures or tallies of the problem on scratch paper.
- Write the problem.
- Write or make diagrams for all the steps for activities such as math problems.

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TOUCH: STRATEGIES FOR KINESTHETIC (K) LEARNERS

GENERAL STRATEGIES

- Keep your desk clear of distracting objects.
- Cover the page you're not reading.
- Turn off the radio and wear earplugs. If you want sound, listen to soft music.
- Divide your work into short study sessions. Get a timer. After 20 minutes or when a task is completed, reward yourself, eat a cookie, walk around the block, listen to one song, etc.
- Sit as close to the teacher as possible in an area where you can actively participate in classroom events.
- Get plenty of sleep. Eat a nutritious breakfast and lunch. Snack on fruit/nutritional food if you need extra energy.
- Study in a place where there is room to spread out.
- When possible, draw what you are learning.

- Use models, real objects, and materials that can be touched and moved. For example, learn geography through handling and studying a globe.
- Record in writing information learned. Keep a supply of paper on hand. You can also use sticky-notes (post-its) to take notes while reading.
- When possible, role play, type, take notes, or construct models to learn the information.
- Active reading strategies, such as highlighting and making flash cards will work well for you, with the actual physical activity involved being one of the most helpful aspects. The same goes for rewriting and typing your notes.
- Learn new material while doing something active (e.g., read a textbook while on a treadmill)

HEAR: STRATEGIES FOR AUDIO (A) LEARNERS

GENERAL STRATEGIES

- Read information aloud or have someone read the information to you. Read it into a tape recorder and replay it.
- Summarize what you have read/learned in your own words.
- Say words inside your head silently.
- Brainstorm ideas with others. Form study groups.
- When possible, learn information through tapes, television, oral reports, rhymes and songs, radio, lectures, book reviews, panel and group discussions, guest lectures, and oral questions and answers.
- Use a ruler or bookmark to assist you in keeping your place while you are reading or working with printed materials.
- Tape class lectures and listen back to them.
- Discuss material with classmates before and/or after class.
- Use mnemonics.
- Look online for free podcasts or audio recordings of presentations, performances, lectures, demonstrations, debates, tours, and archival footage.
- Listen to wordless background music while studying.

WRITING STRATEGIES

- Plan each sentence you want to write by saying it out loud or silently in your head.
- Write each sentence as you say it, or talk into a tape recorder, dictating each sentence of your paragraph; then play the tape back – one sentence at a time – and write it out.

MATH STRATEGIES

- Read aloud any new concepts or theorems you are learning.
- Explain math problems, concepts, facts, etc., to yourself, relating the information out loud.
- Use a tape recorder and replay the information.

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