

Study Tips for Different Learning Styles

Source: American River College

Directions: Use the study tips outlined for your first learning preference and then reinforce what you are learning with tips from your second preference.

1. Write down anything that you want to remember, such as a list of things to do, facts to learn facts for a test, etc.
2. Try to write down information in your own words. If you don't have to think about the material and restate it in your own words, you won't really learn it.
3. Underline or highlight important words you need to learn as you read.
4. When learning a new vocabulary word, visualize the word.
5. When you have a list of things to remember, keep the list in a place where you will be sure to see it several times a day. Suggestions: bulletin board by your desk at home, in your notebook, on the mirror in the bathroom, etc.
6. Try drawing a picture of any information you want to learn. Try making a diagram, a chart, or actually drawing people, things, etc.
7. Always read any material in the textbook before going to class so you have a chance to visually connect with the information before hearing it.

Tips for Auditory Learners (Oral, Interactive)

1. Use a tape recorder to record notes when reading instead of writing facts down. Play it back while you are riding in the car, doing dishes, washing the car, jogging etc.
2. Subvocalize--that is, talk to yourself about any information you want to remember. Try to recite it without looking at your notes or the book.
3. Discuss with others from your class and then quiz each other on the material. Really listen to yourself as you talk.
4. When learning a new vocabulary word, say it out loud. Then spell it out loud several times. See if it rhymes with a word that you know. You could even try singing the word in a song.
5. To learn facts, say them out loud, put the facts to music or read them into a tape recorder. Then listen to what you have recorded often.
6. When writing, talk to yourself. First tell yourself what you will write, say it out loud as you write it, and then read aloud what you have written or tape record it.
7. Always read material in your textbook to be learned after hearing the information first in the class lecture, (unless the instructor assigns the reading first before class so you can participate in class discussions).

Tips for Physical Learners (Tactile, Kinesthetic)

1. Try to study through practical experiences, such as making models, doing lab work, or role-playing.
2. Take frequent breaks in study periods--only 5-10 minutes in length.
3. Trace words and letters to learn spelling and to remember facts.
4. Use the computer to reinforce learning through the sense of touch.
5. Memorize or drill while walking, jogging or exercising.
6. Try expressing your abilities through dance, drama, or sports.
7. Try standing up when you are reading or writing.
8. Write facts to be learned on 3" x 5" cards, with a question on one side and the answer on the other. Lay out the cards, quiz yourself, shuffle them, lay them out again and quiz yourself again.
9. When working with a study group, think of TV quiz games (Jeopardy, etc.) as ways to review information.

Tips for Multi-Sensory Learners (Any combination of the Above Styles)

Use any combination of the above study tips. It may take some experimentation before you find the best technique for you.

Learning Styles Supplement

Source: "Unlocking Potential" by B. Scheiber and Jeanne Talpers, pg. 21

Visual Learners

Clues	Learning Tips
Needs to see it to know it.	Use graphics to reinforce learning--films, slides, illustrations, and diagrams.
Strong sense of color.	Color coding to organize notes and possessions.
May have artistic ability.	Write out directions.
Difficulty with spoken directions.	Use flow charts and diagrams for note taking.
Overreaction to sounds.	Visualizing spelling of words of facts to be memorized.
Trouble following lectures.	
Misinterpretation of words.	

Auditory Learners

Clues	Learning Tips
Prefers to get information by listening, needs to hear it to know it.	Use tapes for reading and for class and lecture notes.
Difficulty following written directions.	Learn by interviewing or by participating in discussions.
Difficulty with reading.	Have test questions or directions read aloud or put on tape.
Problems with writing.	
Inability to read body language and facial expressions.	

Kinesthetic Learners

Clues	Learning Tips
Prefers hands-on learning.	Experimental learning (making models, doing lab work, and role playing).
Can assemble parts without reading directions.	Frequent breaks in study periods.
Difficulty sitting still.	Trace letters and words to learn spelling and remember facts.
Learns better when physical activity is involved.	Use computer to reinforce learning through sense of touch.
May be very well coordinated and have athletic ability.	Memorize or drill while walking or exercising.
	Express abilities through dance, drama, or gymnastics.