

# Learning Style Study Tips

## Suggestions for Auditory Learners

You learn better when information comes through your ears. You need to hear it. Lecture situations probably work well for you. You may not learn as well reading from a book. Try some of these suggestions.

- Study with a friend so that you can talk out loud and hear the information.
- Recite quotes, lists, dates, etc., out loud.
- Ask your instructor if you can turn in a tape or give an oral report instead of written work.
- Read or summarize your class notes onto a tape, or ask permission to tape record classroom lectures. Listen to the tapes three times in preparation for a test.
- Before reading a chapter, look at all the pictures and headings, and then verbalize what you think the chapter will be about.
- After you read a section, summarize it out loud.
- Have a friend quiz you on vocabulary words; recite the word and definition out loud frequently.
- Before beginning an assignment, set a specific study goal, and say it out loud. Example, "First, I will read my history chapter."
- Read aloud whenever possible. In a quiet library, try hearing the words in your head as you read.
- When doing complicated math problems, use graph paper (or use regular lined paper sideways) to help alignment.
- Use color and graphic symbols to highlight main ideas in your notes, textbooks, handouts, etc.

## Suggestions for Kinesthetic Learners

You learn best by doing, moving, or having hands-on experiences. Getting information from a textbook (visually) or a lecture (orally) is more difficult than hands-on learning. Try some of these suggestions.

- To memorize, pace or walk around while reciting to yourself, looking at a list, or studying index cards.
- When reading a textbook chapter, first look at the pictures, then read the summary or end-of-chapter questions, then look over the section headings and bold-faced words. Get a feel for the whole chapter by reading the end selection first, and then work your way to the front of the chapter.
- If you need to fidget when in class, try squeezing a Nerf ball or crossing your legs and bouncing the foot that is off the floor. Experiment with other ways of moving; just be sure you are not making noise or disturbing others.
- You may not study best at a desk, so when you are at home, try studying while lying on your stomach or back. Also, try studying with music in the background.
- If you have a stationary bicycle, try reading while pedaling.

- Use a bright piece of construction paper in your favorite color as a desk blotter. This is called color grounding, and it can help you focus.
- When studying, take breaks as frequently as you need. Just be sure to get right back to the task. A reasonable schedule is 20-30 minutes of studying and 5 minutes of break.
- When trying to memorize information, close your eyes and write the information in the air, on a desk, or in the carpet with your finger. Picture the words in your head as you do this. If possible, hear them too. Later, when trying to recall this information, close your eyes, and see it with your mind's eye, hear it in your head.
- Move around as you study different topics. That way, you can picture your bed and think of one thing and your desk to think of another.
- Organize information into charts, graphs, and models. Constructing these physical representations will give you hands-on experience with abstract concepts.

### **Suggestions for Visual Learners**

Visual learners understand and retain information best when they read or see it. They sometimes have more difficulty learning from lectures. If you tend to be a visual learner, try some of these suggestions.

- Write down quotes, lists, etc.
- Look at speakers while they are talking to stay focused.
- Work in a quiet place.
- Study both by yourself and in study groups.
- Take a lot of notes, and leave extra space to add missed details.
- Copy over your notes. Rewriting helps recall.
- Use color to highlight main ideas in your notes, textbooks, handouts, etc.
- Write notes in the margins of your textbooks, documenting questions, etc.
- Before reading an assignment, set a specific study goal, and write it down. Post it in front of you. Example, "From 7:00 to 7:30, I will read the first chapter."
- Preview a chapter before reading it by first looking at all the pictures, section headings, etc.
- Sit toward the front of the class, if possible.
- Write vocabulary words on index cards with short definitions on the back. Look through them frequently, write out the definitions again, and check yourself.