

LEARNING STYLES AND STRATEGIES

AUDIO

You like to learn by listening. This includes listening to lectures and having discussions.

- Prepare for exams by saying information out loud,
- Work in a quiet area.
- Participate in discussions.
- Use memory devices like rhymes or poems.
- Read out loud when possible.
- Download browser extensions that will read to you.

VISUAL

You learn best by reading, observing, and seeing things.

- Use highlighters when reading.
- Use pictures, diagrams, and flowcharts.
- Sit in the front of class.
- Visual reminders are helpful.
- Make outlines and mind maps.
- Organize your work area to avoid distractions.
- Begin with visual learning strategies and reinforce with other styles.

KINESTHETIC

You learn better when you're able to move and learn.

- Write a journal or summary sheet.
- Take notes during lecture.
- Use flashcards to study.
- Move while studying, like walking or biking.
- Go on fieldtrips or engage in activities.
- Participate in discussions.
- Use your senses to help you remember.
- Avoid long classes as possible.
- Take breaks.

TACTILE

You need to be involved in your learning by doing things with your hands.

- Take courses that allow you to do things such as science or art.
- Take notes during lecture.
- Use a mind map or draw an outline to study.
- Use real objects to help you learn.
- Use flashcards to help study.
- Keep your desk free of all distractions.
- Highlight and write notes.