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Study Factsheet Series - No 3

Know your Learning Style

Visual learners



- > You learn best by reading.
- > You need to see something to remember it.
- > You may think in pictures and learn best from visual displays such as diagrams, videos, overhead transparencies and hand outs.
- > You may prefer to take notes to absorb the information.

Auditory learners



- > You don't like a teacher who writes a lot and assigns readings outside of class.
- > You like class discussions and study groups.
- > Written information may have little meaning until it is heard.

Tactile/kinesthetic learners



- > You learn best through a hands-on approach.
- > You may find it hard to sit still for long periods.
- > You may become distracted by the need for activity and/or exploration.

Making your Learning Style Work for You!

Visual learners

- > Use visual materials such as pictures, charts, maps, graphs, etc.
- > Have a clear view of your teachers when they are speaking so you can see their body language and facial expression.
- > Use colour to highlight important points in text.
- > Take notes or ask your teacher to provide handouts.
- > Illustrate your ideas as a picture or brainstorming bubble before writing them down.
- > Write a story and illustrate it.
- > Use multi-media (e.g. computers, DVDs).
- > Study in a quiet place away from verbal disturbances.
- > Read illustrated books.
- > Visualise information as a picture to aid memorisation.



Auditory learners

- > Participate in class discussions/debates
- > Make speeches and presentations.
- > Use a voice recorder during lectures instead of taking notes.
- > Read text out aloud.
- > Create musical jingles to aid memorisation.
- > Create mnemonics to aid memorisation.
- > Discuss your ideas verbally.
- > Dictate to someone while they write down your thoughts.
- > Use verbal analogies and storytelling to demonstrate your point.



Tactile/kinesthetic learners

- > Take frequent study breaks.
- > Move around to learn things (e.g. read while on an exercise bike, mould a piece of clay to learn a new concept).
- > Work at a standing position.
- > Chew gum while studying.
- > Use bright colours to highlight reading material.
- > Dress up your work space with posters.
- > If you wish, listen to music while you study.
- > Skim through reading material to get a rough idea what it is about before setting down to read it in detail.



LdPride.net, *Learning Styles & Multiple Intelligence*, viewed 14 September 2009, ldpride.net/learning_style_work.html

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