

What is a “Learning Style?”

Everyone learns in different ways. However, we usually have natural strengths or preferences in one or two different learning styles. Knowing your learning style/s can help you better understand how you learn best in class and ways to maximize your study time.

Three Different Learning Styles

- Visual-seeing and looking
- Auditory-hearing and listening
- Kinesthetic-touching and doing

Log-in

Username:

Student Number

Password:

Month-Day of your Birthday

06-25

WEBSITE

<http://www.usd.edu/trio/tut/ts/stylest.html>

Study Tips for the Three Different Learning Styles

Knowing about your learning style can help you be more efficient when you study (if you are more efficient you get more from less time).

- If you scored mostly a's you may have a Visual Learning Style. You learn best by seeing and looking
- If you scored mostly b's you may have an Auditory Learning Style. You learn best by hearing and listening.
- If you scored mostly c's you may have a Kinesthetic Learning Style. You learn by touching and doing.

Visual Learner

Learn by seeing and looking

- Tend to sit in the front
- Often close their eyes to visualize or remember something
- Find something to watch if they are bored
- Like to see what they are learning
- Benefit from illustrations and presentations that use color
- Are attracted to written or spoken language in rich imagery
- Prefer stimuli to be isolated from auditory and kinesthetic distraction
- Find passive surroundings ideal
- Take numerous detailed notes

Auditory Learners

Learn by hearing and listening

- **Sit where they can hear but needn't pay attention to what is happening in front**
- **May not coordinate colors or clothes, but can explain why they are wearing what they are wearing and why**
- **Hum or talk to themselves or others when bored**
- **Acquire knowledge by reading aloud**
- **Remember by verbalizing lessons to themselves (if they don't they have difficulty reading maps or diagrams or handling conceptual assignments like mathematics)**

Kinesthetic Learners

Learn by touching and doing

- **Need to be active and take frequent breaks**
- **Speak with their hands and with gestures**
- **Remember what was done, but have difficulty recalling what was said or seen**
- **Find reasons to tinker or move when bored**
- **Rely on what they can directly experience or perform**
- **Activities such as cooking, construction, engineering and art help them perceive and learn**
- **Enjoy field trips and tasks that involve manipulating materials**
- **Sit near the door or someplace else where they can easily get up and move around**
- **Are uncomfortable in classrooms where they lack opportunities for hands-on experience**
- **Communicate by touching and appreciate physically expressed encouragement, such as a pat on the back**

Study tips for Visual Learners

- Take detailed notes
- Sit toward the front of the class
- Keep your study area neat and organized (so you are not distracted)
- Close your eyes briefly and create a picture for what you are learning
- Look at the pictures in the text book and be sure to read the captions
- Study in a quiet place (no TV, no RADIO, no foot traffic to distract you)
- If applicable, draw pictures to remember concepts

Study tips for Auditory Learners

- Sit in a place in the class room where you can hear well
- Read material out loud to your self when studying
- Review with a friend so you can talk about what you have learned
- If available get books on tape
- Talk (out loud) the steps of problems when studying

Study tips for Kinesthetic Learners

- When studying take frequent breaks
- Find a quiet non-distracting way to move while studying (wiggle your toes, make a stress ball, find a place in the room to pace while looking at note cards)
- Try to work along with the teacher as they explain how to do something
- Break directions or long problems into smaller chunks, read a chunk then try the problem, read another chunk, then work some more
- Volunteer to act out parts of a story or participate in class discussions

Questions

1. How could knowing your learning style be of benefit to you, personally?
2. How can it be helpful in your interactions with others?
3. How do you think this could help you in your studies?
4. How do you think this could help you in lectures?
5. How do you think this could help you in note taking?