

Making Your Learning Style Work for You

Once you have determined both your dominant and less dominant learning style, you can manipulate your learning process. Below are some study suggestions for the various learning styles.

Visual Learners:

- use visual materials such as pictures, charts, maps, graphs, etc.
- have a clear view of teachers when they are speaking so you can see their body language and facial expression.
- use color 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, videos, and filmstrips).
- study in a quiet place away from verbal disturbances.
- read illustrated books.
- visualize information as a picture to aid memorization.

Auditory Learners:

- participate in class discussions/debates.
- make speeches and presentations.
- use a tape recorder during lectures instead of taking notes.
- read text out aloud.
- create musical jingles to aid memorization.
- create mnemonics to aid memorization.
- discuss your ideas verbally.
- dictate to someone while they write down your thoughts.
- use verbal analogies, and story telling to demonstrate your point.

Tactile/Kinesthetic Learners

- take frequent study breaks.
- move around to learn new things (e.g. read while on an exercise bike, mold a piece of clay to learn a new concept).
- work at a standing position.
- chew gum while studying.
- use bright colors 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 settling down to read it in detail.