

What is My Learning Style and How Does it Affect Me?

Study Skills for Your Learning Style



The 3 Learning Styles

You are made aware of information through senses:

- Visual-seeing
- Auditory-hearing
- Kinesthetic-moving

Or Maybe...

- Integrated (a mixture)



What Makes-up a Study Style?

- Environment-where do I study?
- Materials-what do I use?
- Time-how should I schedule studying?
- Who-do I study with others?

*These are just a few considerations to remember



Studying as a Visual Learner

- Environment
 - Avoid clutter, windows, and busy areas
- Materials
 - Use drawings and spacing in class notes
 - Make study cards using notes
 - Be sure to draw/illustrate information as you review
- Organization
 - Be sure to use calendar; write down reminders



Visual Learners-Cont'd...

- Reviewing
 - Before Class: Notes will be more clear if you read text
 - Tests: reread notes and then recopy (type up) or write in outline form
- Other Advice
 - Make notes on tests (underline key words, etc.)
 - Highlight on texts



Studying as an Auditory Learner

- Environment
 - Need silent area
 - If not, use classical music
- Materials
 - Ask professor if you can tape record lectures
 - Read notes into tape recorder, replay for yourself
 - **STUDY GROUPS!** Talk about the information



Auditory Learner-Cont'd...

- Reviewing
 - Talk aloud if possible
- During Tests
 - Recite information in your head
 - Break apart tests questions and recite until clear
- Last Word: Attend Class-borrowing notes is not that helpful



Studying as a Kinesthetic Learner

- Environment
 - Area to walk around in
 - Spread out information in room (Walk around reciting)
- Study Time
 - Make use of study cards, use them when you have breaks of 4-5 minutes
 - Small, frequent chunks of studying
 - Review Groups (Interaction!)



Studying for Everyone

- Adjustability-If it does not work, do not wait to change it
- Boring subjects 1st-stay fresh
- Use waiting time wisely
- Limit distractions
 - Think about who, what, when



Questions? Anyone?

