

## Learning Styles: Characteristics and Study Strategies

Being aware of one's learning preference and being able to adapt to other styles of learning enhances the student's ability to think and recall information allowing the student to become a more balanced learner. Natural learning preference can still be retained, but the mind can be stretched by understanding and experiencing more than one learning style. As a result of this adaptability, the student is then able to be a more efficient and flexible learner who can adapt to different teaching styles in the classroom.

### AUDITORY

#### CHARACTERISTICS

- Talkative in class
- Enjoys discussion and debate
- Prefers lectures, oral presentations, and music
- Often sings, hums or whistles
- Talks to self
- Follows oral directions better than written directions

#### STUDY STRATEGIES

- Sit where hearing will not be an issue
- Read aloud
- Participate in discussions
- Explain concepts to others
- Summarize and tape notes-listen during other activities
- Use word associations, rhymes, and jingles
- Review flash cards by reciting aloud
- Join a study group – listening to others increases your knowledge

### VISUAL

#### CHARACTERISTICS

- Loves books, magazines, or other reading material
- Relates best to written information: notes, flashcards, graphs, etc.
- Likes to have pen and paper handy
- Has trouble following long lectures
- Organized and neat

#### STUDY STRATEGIES

- Sit near the front of class to minimize distractions
- Read text before class
- Take numerous detailed notes during lecture
- Recopy and/or reorganize notes
- Use flashcards
- Make lists
- Watch video clips
- Use highlighters, underline
- Jot down key points on post it notes – display around the house
- Find a quiet place to study

### KINESTHETIC

#### CHARACTERISTICS

- Difficulty focusing
- Prefers participating actively rather than reading a book
- Gets restless during long lectures
- Drums fingers
- Taps feet
- Wiggles legs
- Gestures when talking

#### STUDY STRATEGIES

- Take notes; never put your pencil down
- Engage in hands on activities
- Pace as you study
- Study in short blocks of time
- Take breaks and move around
- Change subjects and study activities on a regular basis
- Manipulate index cards by shuffling and sorting
- Move finger along text while reading and underline
- Choose a study area that allows room to move