




What is your learning style?

If you know your dominant learning style, you can take responsibility for studying to your learning strengths. Check out the table below to find learning strategies that could work for you and to learn more visit the VARK, A Guide to Learning Styles website at: <http://www.vark-learn.com/english/index.asp>

| Learning Style | Characteristics | Learning Strategies |
|--|---|--|
|  <p>Kinesthetic</p> <p>Of, pertaining to, or involving, kinesthesia, which is the sense that detects bodily position, weight, or movement of muscles, tendons, and joints.</p> | <ul style="list-style-type: none"> • Often wiggle, tap their feet, or move their legs when they sit. • Sometimes labeled "hyperactive" • Often do well as performers: athletes, actors, or dancers. • Work well with their hands. • Often well coordinated and have a strong sense of timing and body movement | <ul style="list-style-type: none"> • Use multimedia resources to enhance learning (video) • Skim through the reading material before reading it in detail • Get physically involved in whatever is being learned • Build and/or physically handle learning materials • Take frequent study breaks to move around • Take your own notes to keep your hands moving • Chew gum while studying • Stand or move around while learning new material |
|  <p>Visual</p> <p>Of or relating to the sense of sight. Seen or able to be seen by the eye, done, maintained, or executed by sight only.</p> | <ul style="list-style-type: none"> • Learns through seeing • Reader/observer • Scans everything; wants to see things, • Enjoys maps, pictures, diagrams, and color • Needs to see the professor's body language/facial expression to fully comprehend • Often closes eyes to remember something • Tends to sit at the front of the classroom • Is attracted to language rich in imagery | <ul style="list-style-type: none"> • Visualize information as a picture to aid memorization • Use a time-line, calendar, or some other similar diagram to remember sequence of events • Carefully organize learning materials • Study materials by reading notes and organizing them in outline form • Organize your notes to make them visually appealing and easy to read • Use technology to enhance your learning |
|  <p>Auditory</p> <p>Relating to hearing, the organs of hearing, or the sense of hearing</p> | <ul style="list-style-type: none"> • Remember what they hear. • Talk while they write. • Eyes move down and to the right when they are listening to others. • Remember by listening, especially music. • Distracted by noise. • Write lightly and not always legibly. • Remember names, but forgets faces. • Games and pictures are distracting | <ul style="list-style-type: none"> • Use verbal analogies and story-telling • Verbally repeat the material by speaking or reading it out-loud • Ask teacher to rephrase points to help you understand • Read key points/words before going to class to help avoid confusion due to pronunciation • Make sure you can hear well in the classroom • Use multimedia sounds to help you remember concepts • Speak out loud and have someone else write down your thoughts |