STUDY TIPS FOR DIFFERENT LEARNING STYLES

Visual Learner prefers seeing information.

- Write down anything you want to remember such as a list things to do, facts to learn, etc.
- Keep lists in places where you will see them several times a day.
- Write information in your own words to really learn it.
- Underline, highlight important words as you read.
- When learning a new word, visualize the word.
- Draw pictures; make charts and diagrams of any information you want to learn.
- Always read textbook material before going to class so you can visually connect with the information before hearing it.

Auditory Learner prefers hearing information:

- Tape notes when reading instead of writing. Play it back while riding on the bus, jogging, etc.
- Subvocalize, that is, talk to yourself about any information you want to remember. Try to recite it without looking at your notes of the book.
- Discuss with others from your class and then quiz each other on the material. Really listen to yourself as you talk.
- When learning a new word, say it out loud. Then spell it as loud as you write it, and then read aloud what you have written or record it.
- Always read material in your text book to be learned after hearing the information first in the class lecture (unless the instructor assigns the reading first before class so you can participate in class discussions).

Kinesthetic Learner prefers action experiences.

- Study through practical experiences such as doing lab work, making models, or role-playing.
- Take frequent breaks in study periods- only 5 to 10 minutes long.
- Trace words and letters to learn spelling and to remember.
- Use the computer to reinforce learning through the sense of touch.
- Memorize or drill while walking, jogging or exercising.
- Try expressing your abilities through dance, drama or sports.
- Try standing up when you are reading or writing.
- Write facts to be learned on 3” x 5” cards, with a question on one side and the answer on the other. Lay out the cards, quiz yourself, shuffle them, lay them out again, and quiz yourself again.

Multisensory Learners (any combination of the above styles)

- Use any combination of the above study tips. It may take experimentation to find the best techniques for you.

Source: American River College
learningassistance.studyskilshandouts