Identify Your Learning Style

People learn differently. Some prefer using pictures; others like working in groups. How do you learn best?

The Three Senses

Auditory - Listening
- I prefer to follow verbal instructions rather than written ones.
- I find it comfortable to add spoken numbers mentally.

Visual - Seeing, Reading, Visualizing
- I score high on tests that depend on reading comprehension.
- I can read and understand formulas.
- I prefer maps to verbal directions when I am trying to find a place.

Kinesthetic - Moving, Writing, Doing
- When I write things down, it clarifies my thoughts.
- I have to manipulate formulas in order to understand them.
- I like to draw pictures.
- I am good at using my hands. I enjoy lab classes.

The Two Reasoning Types

Deductive Reasoning
- I like to look at the big picture first, then get the details.
- When learning a new game, I like to know all the rules before playing.
- In an argument, I state my premises first, then draw conclusions.

Inductive Reasoning
- I like to see examples when first learning a new subject, before developing an overview.
- I prefer to learn the rules of a new game “as we go along.”

The Two Learning Environments

Intrapersonal = Working Alone
- When solving problems, I have to figure it out for myself.
- Doing school work with a group often wastes a lot of time.

Interpersonal = Working With Others
- Before making a decision, I usually discuss it with my family or friends.
- I like to do my homework with others.

See reverse for study tips for each learning style.

Note: Try to adjust your learning style to include various approaches that may help you maximize your learning.
Learning Tips for Different Learning Styles

**Auditory Learners**

**Clues**
- Prefers to get information by listening; needs to hear it to know it.
- Difficulty following written directions.
- Difficulty with reading.
- Problems with writing.

**Learning Tips**
- Use recordings for reading and for lecture notes.
- Learn by interviewing or by participating in discussions.
- Have test questions or directions read aloud or recorded.

**Visual Learners**

**Clues**
- Needs to see it to know it.
- May have artistic ability.
- Difficulty with spoken directions.
- Overreaction to sounds.
- Trouble following lectures.
- Misinterpretation of words.

**Learning Tips**
- Use graphics to reinforce learning: films, slides, illustrations, diagrams.
- Color code to organize notes and presentations.
- Write directions.
- Use flow charts and diagrams for note taking.
- Visualize spelling of words or facts to be memorized.

**Kinesthetic Learners**

**Clues**
- Prefers hands-on learning.
- Can assemble parts without reading directions.
- Difficulty sitting still.
- Learns better when physical activity is involved.
- May be very well coordinated and have athletic ability.

**Learning Tips**
- Experiential learning (making models, doing lab work, and role playing).
- Take frequent breaks in study periods.
- Trace letters and words to learn spelling and remember facts.
- Use the computer to reinforce learning through sense of touch.
- Memorize or drill while walking or exercising.
- Express abilities through dance, drama, or gymnastics.