

Learning Style Handout

Freshman Seminar, Ellet High School

Are You Visual, Auditory or Kinesthetic?

Are you a visual, auditory or kinesthetic learner? It is important to know how you process information. Knowing this will be helpful for learning and can make your time studying more successful.

Look at the below information and make a check in the margin next to the paragraph each time you recognize something about the way you learn. The paragraph with the most checks will indicate your learning style.

Visual – You learn through seeing.

A visual person would benefit by underlining, highlighting, using colored markers, making colorful mind maps, drawing pictures, symbols or graphs. If you are visual, then get into the habit of engaging your visual mode for learning by using imagery as you study. Make mental pictures of what you are studying whenever possible and project them onto an imaginary Mental Movie Screen. Make your mental pictures colorful, humorous, exaggerated and full of action. This will make stronger impressions of the information by involving more brain cells, making the information easier to recall. During your tests, look at your Mental Movie Screen and recall the mental pictures, graphs or drawings, doing this will help lead you to the necessary information. If all fails, then imagine your teacher on your Mental Movie Screen and ask your teacher for the answer. In most tests, it is best to write something for an answer than nothing at all. Get into the habit of using your Mental Movie Screen to impress any visual information you need to remember.

Auditory – You learn through listening.

If you are auditory, then learn to engage your auditory mode for learning by attending all your lectures, discussing what you learned, including any visuals used, with others during study sessions. You can also record your lessons and listen to them during your meditations. Get into the practice of explaining what you have learned to an imaginary audience of children out loud. This will allow you to hear the information and evaluate your understanding of it. Don't get caught up in the listening and remind yourself to take notes. During your test, read the test question, listen to your inner voice giving you the answer and write the answers down. You can also talk quietly to yourself to solicit the answer. If all else fails, ask your teacher for the answer and hear him give you the answer, then write it down.

Kinesthetic – You learn through moving, touching, doing.

If you are kinesthetic, then engage your senses and be as hands on as you can. Incorporate your kinesthetic mode of learning by imagining how something feels, being in the experience whenever possible, using your imaginary sense of touch, engaging the emotions and/or by doing some kind of rhythmic action as you learn such as pacing or tapping your fingers lightly. Explain what you have learned to an imaginary audience as if you were actually there in front of the audience doing the presentation.

The best results are achieved when you learn to engage all three learning modes.

Once you know your learning style, use this information to your advantage.

Visual Learners:

- use visual materials such as pictures, charts, maps, graphs, etc.
- have a clear view of your teachers when they are speaking so you can see their body language and facial expression
- use color to highlight important points in text
- take notes or ask your teacher to provide handouts
- illustrate your ideas as a picture or brainstorming bubble before writing them down
- write a story and illustrate it
- use multi-media (e.g. computers, videos, and filmstrips)
- study in a quiet place away from verbal disturbances
- read illustrated books
- visualize information as a picture to aid memorization

Auditory Learners:

- participate in class discussions/debates
- make speeches and presentations
- use a tape recorder during lectures instead of taking notes
- read text out aloud
- create musical jingles to aid memorization
- create mnemonics to aid memorization
- discuss your ideas verbally
- dictate to someone while they write down your thoughts
- use verbal analogies, and story telling to demonstrate your point

Tactile/Kinesthetic Learners

- take frequent study breaks
- move around to learn new things (e.g. read while on an exercise bike, mold a piece of clay to learn a new concept)
- work at a standing position
- chew gum while studying
- use bright colors to highlight reading material
- dress up your work space with posters
- if you wish, listen to music while you study
- skim through reading material to get a rough idea what it is about before settling down to read it in detail.

Works Cited

Laura Silva Quesada: ***Making The Grade Is Easier Than You Think***
From August 2004 MindBiz Newsletter <http://www.mindbiz.com/articles/Article030.aspx>

LdPride.net: ***Learning Styles & Multiple Intelligence: MAKING YOUR LEARNING STYLE WORK FOR YOU!*** http://www.ldpride.net/learning_style_work.html