

Help Me Use Learning Styles Strategies to Study Smarter

Practical Study Tips for Auditory, Visual, and Kinesthetic Learners

taken from www.eduguide.org

Auditory Learners

Auditory learners process and remember information best when they hear it and repeat it.

Read aloud and repeat. Highlight key concepts as you read. Then read the highlighted material aloud. To memorize facts, repeat the information aloud several times.

Record and review. To boost retention, record lectures (get permission first). Then review the material at home. If you take written notes, read them into a recorder and play them back. You can also read, record, and listen to textbook chapters.

Discuss. Explain new concepts to a family member or study partner. When you have required reading, retell the main points of the selection in your own words.

Practice word association. Use rhymes and acronyms to help recall facts. Here are two examples: In 1492, Columbus sailed the ocean blue; Roy G. Biv (the colors of the rainbow: red, orange, yellow, green, blue, indigo, and violet).

Use CDs. Ask your librarian if a required book is available on CD. To increase comprehension of a book on CD, follow along the text as you listen.

Ask for help. Ask friends and family members to quiz you orally as you prepare for tests.

Visual Learners

To study most efficiently, focus on the strengths of a visual learning style.

Use color. Buy a rainbow of pens and highlighters. When you take notes, use different colors for different concepts. Write key concepts three times in three different colors. Highlight important passages and points in standout shades.

Look at the pictures first. Before you read a passage from a textbook, first look at the illustrations to get an idea of the topic. When you read the chapter, review the graphics to help you remember key concepts.

Picture what you read. As you read, get a clear idea of what's going on by picturing the action in your mind.

Use flashcards. Use flashcards to help you memorize facts. For example, for a history class, write a date on one side of a card and key events that took place on that date on the reverse. www.quizlet.com (online flash card maker).

Get it in writing. Remember to take notes on everything your teacher writes on the board or displays using presentation software. Ask the teacher to supply written assignments whenever possible.

Kinesthetic Learners

Kinesthetic learners process information and solve problems most efficiently when they turn learning into a hands-on activity.

Get a grip on it. If you can, choose projects that let you use your hands. If you are studying the solar system, for instance, build a model of it.

Get more from reading. When you read, follow along with your fingers or a bookmark to boost comprehension. Use bright colors to underline, circle, and highlight concepts. Rewrite relevant facts or key concepts in your own words. Act out a passage from a book you are assigned or put on a skit to demonstrate what you are studying.

Take a break. To focus better and avoid boredom, study for a short time (no longer than thirty minutes), and then take a physical activity break.

Explore. Take field trips. Look for exhibits or programs that relate to topics you are learning about in class. For instance, if you are studying ancient Egypt, go to a museum that has ancient Egyptian artifacts.