



LEARNING STYLES INVENTORY

Most of us have strengths as a visual, auditory AND tactile learners... but how do we *PREFER* to learn? By finding the answer to this question, we can then choose study methods that are tailored to *OUR* personal strengths.

Step 1: Determine your preferred learning style by taking an online survey.

Go to <http://ttc.coe.uga.edu/surveys> and click on LEARNING STYLE INVENTORY.



Step 2: Fill in your results and read about your preferred learning style(s).

VISUAL AUDITORY TACTILE



Step 3: In the following pages, read about study strategies for your preferred learning style and consider these questions.

1. My preferred learning style is _____. How well do your results describe your experience as a learner? Explain why.
2. Which of the study strategies/activities connected to your preferred learning style are ones that you've already tried or use regularly?
3. Which of the study strategies/activities connected to your learning style would you be willing to try?
4. Think about the classes you are taking this semester. For each class, choose study strategies/activities that match your preferred learning style and that you think would work well, given the material for the class. List each class and your selected strategies/activities.

Adapted from Virginia Tech's Cook Counseling Center
<http://www.ucc.vt.edu/stdysk/checklis.html>

Study Strategies for the **VISUAL LEARNER**



- ❖ Write things that you want to remember down; you will remember them better that way.
- ❖ Look at the person who is speaking to you; it will help you focus.
- ❖ Try to work in a quiet place. Wear earmuffs or earplugs if necessary. Some visual learners do, however, like soft music in the background.
- ❖ If you miss something a teacher says or do not understand, ask politely if they could repeat or explain.
- ❖ Most visual learners learn best alone.
- ❖ When studying, take many notes and write down lots of details.
- ❖ When trying to learn material by writing out notes, cover your notes then re-write. Re-writing will help you remember better.
- ❖ Use color to highlight main ideas.
- ❖ Before starting an assignment, set a goal and write it down. Even post it in front of you. Read it as you do your assignment.
- ❖ Before reading a chapter or a book, preview it first by scanning the pictures, headings and so on.
- ❖ Try to choose a desk away from the door and windows and close to the front of the class.
- ❖ Write your own flashcards. Look at them often and write out the main points, then check.
- ❖ Where possible, use charts, maps, posters, films, videos, and computer software, both to study from and to present your work (where appropriate).

ACTIVITIES

- Diagrams.
- Graphs.
- Photographs.
- Coloring books.
- Posters.
- Collages.
- TV shows.
- Games.
- Writing.
- Newspapers.
- Recipes.
- Magazines.
- Reading.
- Books.
- Maps.
- Charts.
- Illustrations.
- Displays.
- Cartoons.
- Slide Shows/ PowerPoint.
- Movies.
- Written reports.
- Flash cards
- Crossword & word find puzzles.
- Letters.
- Bulletin boards.
- Workbooks.

Study Strategies for the **AUDITORY LEARNER**



- ❖ Study with a friend so you can talk about the information and HEAR it, too.
- ❖ Recite out loud the information you want to remember several times.
- ❖ Ask your teacher if you can submit some work (if appropriate) as an oral presentation, or on audio tape.
- ❖ Make your own tapes of important points you want to remember and listen to it repeatedly. This is especially useful for learning material for tests.
- ❖ When reading, skim through and look at the pictures, chapter titles, and other clues and say out loud what you think this book could be about.
- ❖ Make flashcards for various material you want to learn and use them repeatedly, reading them out loud. Use different colors to aid your memory.
- ❖ Set a goal for your assignments and verbalize them. Say your goals out loud each time you begin work on that particular assignment.
- ❖ Read out loud when possible. You need to HEAR the words as you read them to understand them well.
- ❖ When doing math calculations, use grid paper to help you set your sums out correctly and in their correct columns.
- ❖ Use different colors and pictures in your notes, exercise books, etc. This will help you remember them.

ACTIVITIES

- Oral
- report or presentation.
- Teach the class or a group.
- Panel discussion.
- Debate.
- Tape recordings.
- Songs.
- Raps.
- Poems.
- Musical performance.
- Puppet show.
- TV/radio show.
- Verbal games.
- Show and tell/current events.
- Peer tutoring.
- Oral presentations.
- Demonstrations.
- Oral recitation

Study Strategies for the **TACTILE/KINESTHETIC LEARNER**

- ❖ To memorize, pace or walk around while reciting to yourself or using flashcards or notes.
- ❖ When reading a short story or chapter in a book, try a *whole-to-part* approach. This means you should first scan the pictures, then read headings, then read the first and last paragraphs and try to get a *feel* for the book.
- ❖ If you need to fidget, try doing so in a way which will not disturb others. Try jiggling your legs or feet, try hand/finger exercises, or handle a koosh ball, tennis ball or something similar.
- ❖ You might not study best while at a desk. Try lying on your stomach or back. Try studying while sitting in a comfortable lounge chair or on cushions or a bean bag.
- ❖ Studying with music in the background might suit you (baroque music is best - as opposed to heavily rhythm-based music).
- ❖ Use colored construction paper to cover your desk or even decorate your area. Choose your favorite color as this will help you focus. This technique is called *color grounding*.
- ❖ Try reading through colored transparencies to help focus your attention. Try a variety of colors to see which colors work best.
- ❖ While studying, take frequent breaks, but be sure to settle back down to work quickly. A reasonable schedule would be 15-25 minutes of study, 3-5 minutes of break time.
- ❖ When trying to memorize information, try closing your eyes and writing the information in the air or on a surface with your finger. Try to picture the words in your head as you are doing this. Try to hear the words in your head, too.
- ❖ Later, when you try to remember this information, close your eyes and try to *see* it with your *mind's eye* and to *hear* it in your head.
- ❖ When learning new information, make task cards, flashcards, electro-boards, card games, floor games, etc. This will help you process the information.

KINESTHETIC ACTIVITIES

- Surveys.
- Demonstrations.
- Dance.
- Products.
- Rocking and reading.
- Make a video show.
- Field trips.
- Role-play/interviews.
- Charades.
- Plays.
- Projects.

TACTILE ACTIVITIES

- Walking and reading.
- Musical performances.
- Modeling.
- Scrapbooks.
- Coloring books.
- Artistic creations.
- Posters.
- Task cards.
- Blackboard/whiteboard activities.
- Games.
- Calculators.
- Puzzles.
- Workbooks.
- Displays.
- Collages.
- Flip charts.
- Learning circles.
- Computers.