Discovering and using your learning style is another key to success in college. Like everything else about you, your learning style is uniquely your own, different from anyone else’s. Your learning style is your characteristic and preferred way of learning. Another way to look at learning styles is to think of it as the conditions under which you find it easiest and most pleasant to learn. For example, suppose you buy a new cell phone. What would be the easiest, quickest, and most pleasant way for you to learn how to use it? Would you read the manual, ask a friend who has the same brand of phone, or just play around with it until you figure it out? None of these ways is the best way to learn but one of these ways, or a combination of them, may be the best way for you to learn.

Is your learning style primarily visual, auditory, or tactile? Visual learners prefer to learn by reading or watching. Auditory learners like to learn by listening. Tactile or kinesthetic learners learn by doing, by touching or manipulating objects or by using their muscles. The most successful learners are those who can adapt to whatever mode of instruction is in use and who use a combination of learning methods.

Using Your Learning Style

Visual Learners

- Take numerous notes
- Sit in the front of the room
- Are usually neat and clean
- Often close their eyes to visualize or remember something
- Find something to watch if they are bored
- Like to see what they are learning
- Benefit from illustrations and presentations that use color
- Prefer quiet, non-busy locations to study
Suggestions

- Use video and documentaries for research
- Draw graphs and charts when taking notes
- Make flash cards of vocabulary words, science and math formulas, dates and names
- Try writing what you want to remember with your non-dominant hand
- Use different colors for highlighting
- Visualize what you read or hear in lectures, i.e. What did Valley Forge look like in the snow?
- Reorganize or recopy notes right after class

Auditory Learners

- Sit in the front where they can hear
- Hum or talk to themselves or others when bored
- Acquire knowledge by reading aloud
- Remember by verbalizing lessons to themselves
- May not take many notes or appear to not be paying attention but are listening to information
- May prefer studying to music

Suggestions

- Listen to books or lectures on tape
- Read or recite things out loud
- Make rhymes or rap to help you remember facts, dates or names you want to remember
- Repeat over and over what you want to remember
- Try doing this right before falling asleep
- Make associations you can hear- what does it sound like when cells divide, when wards end, or when Huck Finn is floating down the river?
- Talk to your computer. Hear yourself asking and answering questions
- Use headphones on computer
- Read instructions or information on the computer out loud
Tactile or Kinesthetic Learners

- Need to be active to take in information
- Take frequent breaks and walk around while studying
- Speak with hands and make gestures
- Remember what was done but have difficulty recalling what was said or seen
- Find reasons to tinker, doodle, or move when bored
- Rely on what can be directly experienced or performed
- Enjoy tasks that involve manipulating materials
- Sit near the door or in the back of the room where they can easily get up and move around
- Communicated by touching and appreciate physically expressed encouragement such as a pat on the back

Suggestions
- When possible break information into steps: step #1, step #2, etc.
- Type notes or rewrite them
- Move while studying, run in place, pace the floor
- Pace while reading textbooks
- Use rhythm to help you memorize- think of rap or drum beats
- Try standing to read or use the computer
- In a lecture-type classroom, jiggle your foot, roll your pencil on your leg, use any acceptable quiet movement to take in information

For more information or to take a survey to discover your learning style, contact:

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