



Your Learning Style

Do you know what your learning style(s) is? There are three main learning styles. See which one or ones you may be and find out what strategies you should use to increase your academic success!

Auditory Learners

Tendencies:

- become distracted by sounds or noises
- prefer verbal directions
- learn best by hearing
- can accurately remember details from lectures and conversations

Strategies:

- attend all class lectures
- recite aloud as you study
- study in groups or with friends
- recall information during exams by hearing yourself recite in your head

Kinesthetic or Tactile Learners

Tendencies:

- learn best by doing
- ignore directions and figure it out as they go along
- jump right in and try activities
- able to disassemble and reassemble things

Strategies:

- move around when you study – put study cards on the floor and recite them as you move around the room
- study in small frequent chunks of time
- when taking tests try to feel how you stored information by remembering what you physically did as you studied
- study with another kinesthetic person

Visual Learners

Tendencies:

- can easily recall printed information
- easily understand information presented in charts, pictures, or diagrams
- are distracted by untidiness or movement
- good with visual symbols

Strategies:

- always write down what you need to remember
- make recall cues as visual as possible with capital letters, colors and illustrations
- keep the study environment free of clutter
- recall information by visualizing text pages, notes, or study cards

Want more information about your learning style(s)? Make your reservation for the Visor Center's workshop about learning services at 438-7100 or make your appointment online at www.ucollege.illinoisstate.edu/workshops