



Advising Services

Michener, L149

970.351.1391

*Academic Support
& Advising*

LEARNING STYLES

The three main styles of learning are: *Visual, Auditory, and Physical/Kinesthetic*. Read the descriptions below to assess which learning style you use the most. You may want to circle the statements that sound like you, then count how many you circled in each section to find your preference. Finally, take a look at the study tips we suggest for each style.

Learning Style	Study Strategies
Visual <ul style="list-style-type: none"> You have a preference for seen or observed things, including pictures, diagrams, displays, and handouts. You easily interpret charts and visual aids. You generally prefer to see a demonstration of instructions before attempting them yourself. When thinking of a person, you almost always can picture his/her face. You quickly recognize people and things you have seen before. It helps to see a person's facial expression and body language to fully understand the context of what they are saying. You may be good at spelling because you can visualize the words. 	<ol style="list-style-type: none"> Write down things you want to remember, such as a to-do list, vocabulary words, or instructions for an assignment. Take notes in class so you can review them later and visualize the lecture as it was happening. Consider color coding your notes into categories that are easy to scan with your eyes. Underline/highlight your text, so you can scan the chapters when studying for a test. Keep a calendar to help you remember events, assignments, and deadlines. Complete assigned readings before going to class, as you will be able to visualize what you have already read when your professor is explaining it. Complete online practice exams, which will help you remember answers when it comes to the real exam. Study in a quiet environment, away from visible distractions (i.e. people, television, pets). When preparing for a speech or presentation, visualize yourself in front of the class. Visualize yourself being well-received from the class.
Auditory <ul style="list-style-type: none"> You prefer to learn through listening. You are generally able to follow directions after they are told to you, in person or over the phone. You can remember all the words to the songs you hear. You easily interpret the meaning of a person's speech by listening to his/her tone of voice, pitch, and speed. Written information may have little meaning to you until you hear it aloud. You find yourself learning best when listening to lecture and class or group discussion. You may be a slow reader. You remember names more often than faces. You may excel at explaining ideas or how things work. 	<ol style="list-style-type: none"> Ask your professor if s/he minds being tape-recorded. You can record the lecture and listen to it later for review. Study out-loud, reciting definitions of vocabulary words and explanations of theories. Consider tape recording yourself so you can play it back while you are driving, exercising, etc. When editing/proofreading a paper, read it aloud to check for errors. Create rhymes, poems, or songs to recall information. You will do well in a group study setting. Ask your classmates to study with you: discuss concepts and quiz each other. If you are struggling to understand a concept, explain it out loud several times, until you can describe it in your own words.

	<ol style="list-style-type: none"> Complete assigned readings AFTER attending class and listening to the lecture. Unless, of course, your instructor requires you to read beforehand. Study in a suitable environment without distractions. Do not listen to the radio (unless soft background noise actually helps you focus), watch television, or sit near people who are answering phones.
<p>Physical/Kinesthetic</p> <ul style="list-style-type: none"> You prefer to learn through touching, feeling, doing, and hands-on experience. To learn how something works, you often like to give it a try. You jump into new tasks, learning as you go. You rarely read instructions first. You enjoy incorporating movement into your study routine. To remember a phone number, you may instinctively remember the pattern of your fingers on the key pad. You may find yourself not being able to sit for long periods. You also may fidget during lecture classes. You may not excel at spelling, and may have sloppy handwriting. You can remember how to do something, or how to get somewhere, just from doing it once. You may be naturally talented at sports activities and/or dance. 	<ol style="list-style-type: none"> Take notes in class, and as you read. It gives you something physical to do instead of just sitting there. Take frequent breaks while studying (no more than 5-10 minutes in length). Trace vocabulary words with your fingers to remember them. Study, or memorize vocabulary words, while walking or exercising. Try standing up while you are reading or brainstorming ideas for an assignment. Alternate positions as you work. Walk around the room. You are a person who is apt to move – embrace it rather than try to suppress it! Make a study game. Write questions and answers on note cards, shuffle the cards around, and quiz yourself. When studying with others, consider creating a group activity. A game similar to Jeopardy will quiz the entire group on their knowledge, and it may be fun! When taking an exam, try to mimic your study environment. If you chew gum while studying, chew gum during the exam. If you tap your foot, keep doing that with the same rhythm during the exam (but softly, so you do not disturb others). You will hopefully associate the environment with the material you have learned. If you are prone to anxiousness, do some deep-breathing exercises before an exam, speech, or presentation. This will help calm your nerves and your natural instinct to move around.
<p>Multi-Sensory</p> <ul style="list-style-type: none"> Some people have strong preferences in more than one of these areas, meaning you are a multi-sensory learner. You learn in different ways at different times, depending on the situation. 	<ol style="list-style-type: none"> It can be more difficult to find effective study habits, especially ones that are consistent with your situation and mood. Try several of the above-mentioned tactics and see what works for you.