

# Helpful Techniques for Different Types of Learners

## Visual Learners

- Learn by seeing
- Best understand words that evoke images
- Respond well to demonstrations
- Enjoy visually pleasing presentations

## Kinesthetic Learners

- Learn through doing and trial-and-error
- Prefer hands-on approaches
- Use multiple senses to engage with material
- Enjoy solving real-life problems

## Habits to Avoid

- 1 **Taking notes on everything.** Don't try to write down everything the instructor says.
- 2 **Highlighting Overkill.** Highlighting everything is like highlighting nothing.
- 3 **Rewriting for the sake of rewriting.** Rewrite your notes *only* if it's helpful.
- 4 **Start assignments early.** Easier said than done, but starting an assignment early ensures that you have plenty of time to deal with unanticipated roadblocks.

## Read-Write Learners

- Learn by reading and writing
- Best understand explanations on paper/screen
- Organize thoughts and make lists
- Translate lessons into words

## Auditory Learners

- Learn by listening and verbalizing
- Listen for keywords and phrases
- Respond well when things are explained aloud
- Think in a linear fashion



## Tips for Success!

- Write down every assignment, due date, test date, etc.
- Communicate with your professors
- Organize with color
- Establish a study zone
- Review the syllabus early and often
- Read the material
- Take quick notes in class
- Pay attention to emphasis-listen for the points the professor stresses or repeats
- Make studying social! Study groups can be fun!
- Plan, plan, plan! Budget your breaks in terms of duration and frequency.

# Study Practices for Each Type of Learner

## Visual Learners:

- Use maps, charts, graphs, and diagrams
- Use videos and PowerPoint presentations
- Make and use flashcards
- Focus on titles when reading
- Highlight and underline when reading. Use colors!

## Read-Write Learners:

- Take notes (many and detailed)
- Reword the notes in different ways of saying the same thing
- Create and use bulleted lists
- Translate diagrams or charts into a verbal or written summary

## Kinesthetic Learners:

- Write, copy, underline, highlight—get your hands on it!
- Make and use flashcards
- Study with others and exchange ideas
- Study in short blocks
- Use examples when taking notes

## Auditory Learners:

- Record lectures and lessons and listen later
- Read material aloud
- Record yourself reading notes and replay it later
- Explain concepts aloud in your own words
- Use word associations or mnemonic devices to help memory