



Learning Styles

Each person has different learning styles that benefit them. Some may find they have a dominant learning style. Others may find that they prefer different learning styles in different circumstances. There is no right or wrong answer to which learning style is best for you. By understanding your own style of learning and thinking, you can be more efficient in studying and learning.

There are three main learning styles that most people fit into.

You're a **visual learner** if you learn best by looking at charts, pictures and infographics. If you can "see" the information in your mind, you'll probably remember it. Visual style learners learn best by seeing.

You're an **auditory learner** if you learn best when you can chat about what's on the test. Conversation (even if you're talking to yourself!) helps you remember your notes better than reading them quietly. Auditory style learners learn best by hearing.

You're a **kinesthetic/tactile learner** if typical study methods have not worked for you but once you start getting hands-on experience, you've got it. Kinesthetic style learners learn best by moving and doing.

Don't worry if more than one of these learning styles sounds right. You could be a blend of two or more.

If you want to learn about your preferred learning style you can take a survey at the link below.

Click on this link to access the survey:

<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>

Tips for Visual Learners

Visual learners remember and learn what they see the most. Visual learners learn best by visualizing the information. So, your study methods should make it easy to "see" the concepts you'll be tested on. Here's what to do.

- Use charts and graphs whenever you can. As a visual learner you should use as many visual cues as possible. Organizing the test material into easy-to-understand graphs will make them easier to remember.
- Colour code your notes. Some types of information just don't work in chart form – but you can still add visual cues to your notes with colour. Use highlighters or markers to group similar information by colour, so you'll more clearly link it together in your memory.
- Write outlines and summaries. Sure, you can't "see" several pages' worth of notes in your mind – but maybe you can visualize a one-page outline or summary. Making an outline for each chapter (or the materials for each test) may help you retain the information better.