

### 3.8: Learning Styles

# More About Learning Styles

**Directions:** Highlight the bullets in each column that are the best indicators for how you learn. Then complete the learning log on the next page.

AUDITORY LEARNERS	VISUAL LEARNERS	KINESTHETIC LEARNERS
<b>What you like and how you learn:</b>		
<ul style="list-style-type: none"> <li>• Talking and listening—enjoys dialogue</li> <li>• Asking questions</li> <li>• Reading out loud</li> <li>• Moving lips while reading</li> <li>• Books on tape/CD</li> <li>• Voice, tempo and rhythm</li> <li>• Background music</li> <li>• Noise while you work</li> <li>• Panels, committees and debates</li> <li>• Storytelling</li> <li>• Remembers through auditory repetition</li> <li>• Use of inquiry</li> <li>• Hearing prompts like:                             <ul style="list-style-type: none"> <li>— How does this work?</li> <li>— Hear what I’m saying?</li> <li>— Listen to this . . .</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Crossword puzzles and word searches</li> <li>• Charts, graphs and diagrams</li> <li>• Pictures</li> <li>• Neat surroundings</li> <li>• Reading to self</li> <li>• A quiet working environment</li> <li>• Organize thoughts by writing things down</li> <li>• Seeing rather than hearing something</li> <li>• Learn by watching demonstrations</li> <li>• Visualization</li> <li>• Step-by-step written instructions</li> <li>• Reading and writing strategies</li> <li>• Hearing prompts like:                             <ul style="list-style-type: none"> <li>— Picture this . . .</li> <li>— Do you see what I mean?</li> <li>— How does this look to you?</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Touching everything</li> <li>• Textures (the way things feel)</li> <li>• Making/building things; using manipulatives</li> <li>• Fiddling or tinkering with things</li> <li>• Learning with items that you can hold and move (models)</li> <li>• Highlighting when reading</li> <li>• Physical activity and movement</li> <li>• Getting up out of seat or working on the floor</li> <li>• Rocking back in chairs; bouncing legs, tapping pencil, drumming</li> <li>• Using gestures (hands) when speaking</li> <li>• Learn by doing</li> <li>• Use of collaboration</li> <li>• Need more time to process information</li> <li>• Hearing prompts like:                             <ul style="list-style-type: none"> <li>— How does that feel?</li> <li>— Are you able to grasp this idea?</li> </ul> </li> </ul>
<b>Good study habits for you:</b>		
<ul style="list-style-type: none"> <li>• Discuss ideas with another student.</li> <li>• Don’t miss class—you need the lecture.</li> <li>• Read things out loud.</li> <li>• Talk with someone about what has been read.</li> <li>• Make flashcards; use them with a partner or say the answers out loud.</li> <li>• Have some noise in your work or study environment (music, people talking, etc.).</li> <li>• “Talk” the material to yourself.</li> <li>• Study in a group; ask each other questions.</li> <li>• Read into a tape recorder, and then listen to yourself.</li> <li>• Create songs, poems or raps of the information you need to know.</li> </ul>	<ul style="list-style-type: none"> <li>• Organize your work space before starting to work or study.</li> <li>• Draw charts, diagrams, pictures, graphs, and maps.</li> <li>• Photocopy important pages or information and highlight/draw on them.</li> <li>• If you own the book, use a highlighter to mark important information; use different colors when writing.</li> <li>• Form pictures to which you can attach the information being learned.</li> <li>• Turn headings into questions and then read to find answers.</li> <li>• Copy or type notes.</li> <li>• Read the chapter before the lecture.</li> <li>• Use lists.</li> <li>• Make flashcards.</li> <li>• Hang pictures, charts, graphs and posters around your study area.</li> </ul>	<ul style="list-style-type: none"> <li>• Be well equipped with lots of tools—pens, pencils, paper, rulers, etc.</li> <li>• Get comfortable before you study.</li> <li>• Write and rewrite information.</li> <li>• Make summaries and outlines.</li> <li>• Use a highlighter to mark important information.</li> <li>• Study with another person; exchange notes while you study.</li> <li>• Put notes on cards that can be moved around as you study.</li> <li>• Make flash cards; carry them in your pocket or backpack; use them on the bus, when walking or whenever you have a short break.</li> <li>• Take Cornell notes as you study or read a textbook.</li> <li>• Create a game out of what you are studying.</li> <li>• Take a break every so often; stand up and walk around.</li> <li>• Have a drink or snack while you work.</li> <li>• While you read or study, have a pen, a piece of clay or a smooth stone in your free hand.</li> </ul>
<b>Interesting Side Notes</b>		
<ul style="list-style-type: none"> <li>• Auditory learners are often misunderstood because they ask questions and are thought not to be paying attention.</li> <li>• Many don’t like to do written work or read a lot.</li> </ul>	<ul style="list-style-type: none"> <li>• Visual learners need to take the spoken word and make it visual.</li> <li>• They may draw, write lists, even doodle in order to learn.</li> <li>• They often will not be able to concentrate in a cluttered or noisy environment.</li> </ul>	<ul style="list-style-type: none"> <li>• Kinesthetic learners are often thought not to be paying attention because they are constantly moving.</li> <li>• They generally cannot concentrate for long periods of time without being able to move around.</li> </ul>