

LEARNING STYLES

Three of our five senses are primarily used in learning, storing, remembering, and recalling information. Eyes, ears, and sense of touch play essential roles in the way we communicate, perceive reality, and relate to others. Use the suggested aids to sharpen a particular dominant learning modality or to strengthen a weaker one. Try to be aware of the different activities you do daily to help with all three learning styles.

Visual Characteristics

- Mind strays during verbal activities
- Observes rather than talks or acts
- Organized in approach to tasks
- Likes to read
- Memorizes by seeing graphics and pictures
- Not too distractible
- Finds verbal instructions difficult
- Remembers faces
- Doodles
- Quiet by nature
- Meticulous, neat in appearance
- Notices details

Auditory Characteristics

- Talks to self aloud
- Easily distracted
- Has more difficulty with written directions
- Memorizes by steps in a sequence
- Enjoys music
- Whispers to self while reading
- Remembers names
- Hums or sings
- Outgoing by nature

Kinesthetic Characteristics

- In motion most of the time
- Uses hands while talking
- Taps pencil or foot while studying
- Reading is not a priority
- Solves problems by working through them
- Tries new things
- Outgoing by nature
- Expresses emotions through physical means
- Dresses for comfort

Suggested Aids

Take notes
Demonstrate
Map chapters, summarize notes
See parts of words
Watch TV, filmstrips, movies
Color code
Flashcards
Use diagrams
Draw, use drawings
Visualize
Use charts, graphs, maps
Use mnemonics (buzz words, phrases)

Suggested Aids

Use tapes, sound out words
Repeat information orally
Practice oral directions
Use rhythmic sounds
Listen to music
Have discussions
Speak, listen to speakers
Make up rhymes or poems
Read aloud

Suggested Aids

Pace/walk as you study
Connect gestures with information
Practice by repeated motion
Write, take notes
Role play
Physically “do it”
Breathe slowly
Associate feelings with concepts/info
Stretch, move in the chair