

Your preferred learning style

Learning styles refer to the ways you prefer to approach new information. Each of us learns and processes information in our own ways, though we share some learning patterns, preferences, and approaches. Knowing your own style also can help you to realize that other people may approach the same situation in a different way from your own.

When I try to concentrate...	I grow distracted by clutter or movement, and I notice things around me other people don't notice.	I get distracted by sounds, and I attempt to control the amount and type of noise around me.	I become distracted by commotion, and I tend to retreat inside myself.
When I visualize...	I see vivid, detailed pictures in my thoughts.	I think in voices and sounds.	I see images in my thoughts that involve movement.
When I talk with others...	I find it difficult to listen for very long.	I enjoy listening to others.	I gesture and communicate with my hands.
When I contact people...	I prefer face-to-face meetings.	I prefer speaking by telephone for serious conversations.	I prefer to interact while walking or participating in some activity.
When I see an acquaintance...	I forget names but remember faces, and I tend to replay where we met for the first time.	I know people's names and I can usually quote what we discussed.	I remember what we did together and I may almost "feel" our time together.
When I relax...	I watch TV, see a play, visit an exhibit, or go to a movie.	I listen to the radio, play music, read, or talk with a friend.	I play sports, make crafts, or build something with my hands.
When I read...	I like descriptive examples and I may pause to imagine the scene.	I enjoy the narrative most and I can almost "hear" the characters talk.	I prefer action-oriented stories, but I do not often read for pleasure.

When I spell...	I envision the word in my mind or imagine what the word looks like when written.	I sound out the word, sometimes aloud, and tend to recall rules about letter order.	I get a feel for the word by writing it out or pretending to type it.
When I do something new...	I seek out demonstrations, pictures, or diagrams.	I want verbal and written instructions, and to talk it over with someone else.	I jump right in to try it, keep trying, and try different approaches.
When I assemble an object...	I look at the picture first and then, maybe, read the directions.	I read the directions, or I talk aloud as I work.	I usually ignore the directions and figure it out as I go along.
When I interpret someone's mood...	I examine facial expressions.	I rely on listening to tone of voice.	I focus on body language.
When I teach other people...	I show them.	I tell them, write it out, or I ask them a series of questions.	I demonstrate how it is done and then ask them to try.
Total:	Visual:	Auditory:	Tactile/Kinesthetic:

Auditory Learner

1. Listen, and then write your notes after hearing the full thought.
2. Recite what you are learning out loud.
3. Look for online videos explaining the key concepts.
4. Create musical jingles to aid memorization.
5. Create mnemonics to aid memorization.
6. Use verbal analogies when studying.
7. Use mind maps to connect the course material (big picture perspective).



Visual Learner

1. Use your course material into pictures, charts, maps, graphs, etc.
2. Have a clear view of your teachers when they are lecturing.
3. Use colour to highlight important points in text.
4. Illustrate your ideas or brainstorming bubble before writing them down.
5. Use multi-media (laptop, iPod®, iPad®).
6. Study in a quiet place away from verbal disturbances.
7. Visualize information as a picture to aid memorization.

Tactile/Kinesthetic Learners

1. Take frequent study breaks.
2. Do something active during breaks.
3. Move around when attempting to learn new concepts.
4. If working at a desk is not working, try a different location.
5. Use bright colors to highlight reading material.
6. Have something in your hand while studying (highlighter or paperclip).

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