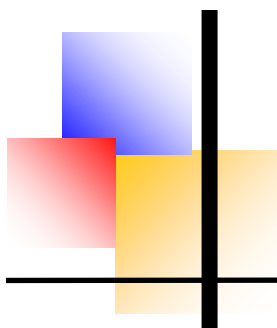


Focus on Learning Styles



- ◆ know how you learn
- ◆ combine HOW and WHY with WHAT you learn
- ◆ be aware of the time and environment where you learn best
- ◆ apply various learning activities to meet your needs
- ◆ utilize all your senses in learning anything
- ◆ apply how you learn to all new situations
- ◆ be flexible in your thinking and learning
- ◆ intentionally decide which modality (visual, auditory, kinesthetic) to use
- ◆ analyze your teacher's style and use appropriate learning strategies

Suggested study strategies for visual, auditory and kinesthetic learners

Visual	Auditory	Kinesthetic
<ul style="list-style-type: none"> • Use guided imagery • Form pictures in your mind • Take notes • See parts of words • Use "cue" words • Use notebooks • Use colour codes • Use study cards • Use photos • Watch a video • Use charts and graphs • Use maps • Demonstrate • Draw/use drawings • Use exhibits • Watch lips move in a mirror • Use mnemonics <ul style="list-style-type: none"> Acronyms Visual chains Mind maps Acrostics Hook-ups 	<ul style="list-style-type: none"> • Use CDs • Watch videos • Listen to music • Speak/listen to speakers • Make up rhymes and/or poems • Read aloud • Talk to yourself • Repeat things orally • Use rhythmic sounds • Have discussions • Listen carefully • Use oral directions • Sound out words • Use theatre • Say words in syllables • Use mnemonics <ul style="list-style-type: none"> Word links Rhymes Poems lyrics 	<ul style="list-style-type: none"> • Pace/walk as you study • Physically "do it" • Practice by repeated motion • Breathe slowly • Role play • Exercise • Dance • Write • Write on rough surfaces with your finger • Take notes • Associate feelings with concept or information • Write lists repeatedly • Stretch and/or move in a chair • Watch lips move in front of mirror • Use mnemonics (word links, rhymes, poems, lyrics) • Use small physical objects to represent ideas or information