

## NAVIGATION 101 LEARNING STYLES REVIEW

How do you learn best? What is your learning style? Everyone has a different way of learning. Study the traits listed in the chart below. Circle the ones that remind you of yourself. The column(s) with the most traits that apply to you likely identifies your learning style.

<b>VISUAL LEARNER</b>	<b>AUDITORY LEARNER</b>	<b>KINESTHETIC LEARNER</b>
I remember things better if I write them down.	When reading, I listen to the words in my head or I read aloud.	When learning something new, I don't like to read directions or listen to them. I just start right in.
I can visualize pictures in my head.	I need to discuss things to understand them better.	I can study better when music is playing.
I take notes on what I read and hear.	I like having someone tell me how to do something rather than reading directions.	I need frequent breaks when studying.
It helps me understand when I can look at the person who is speaking.	I prefer hearing a teacher to reading a textbook.	I don't like sitting at a desk. I like to move around.
It's hard for me to understand what a person is saying when there's background noise.	I remember what people say better than what they look like.	I take notes, but I never go back and re-read them.
It's easier for me to work in a quiet place.	I can easily follow a speaker, even if I'm not looking at him or her.	When I start a book, I like to look at the ending.
It's easy for me to understand maps, charts and graphs.	I remember things better if I study aloud with someone.	My notebook and desk may look messy, but I know where things are.
When I am concentrating on reading or writing, music bothers me.	It's hard for me to picture things in my head.	I use my fingers to count and move my lips when I read.
When taking a test, I can "see" the textbook page and the answer.	I talk myself through homework assignments.	I daydream in class.
When I get an idea, I must write it down right away.		I'd rather do a project than write a report.

Find the section of Learning Tips that apply to your learning style. Circle the dots of the strategies you already use. Place an asterisk \* next to the dots of the strategies that you don't do; but, will be willing to try.

**LEARNING TIPS: IF YOU ARE A VISUAL LEARNER.....**

- Write things down because you'll remember them better that way (quotes, lists, dates, etc.).
- Look at the person who is talking to you. It will help you remain focused.
- It is usually better to work in a quiet place and to work by yourself. However, many visual learners do math while listening to music playing in the background.
- Ask a teacher to explain something again if you don't understand what you've heard.
- Take lots of notes. Leave extra space to fill in later if you miss some details.
- Copy over your notes. Rewriting may help you recall the information later.
- Use color to highlight main ideas in your notes and handouts.
- Before starting homework, set specific study goals and write them down.
- Preview a chapter before reading by first looking at all the pictures, section headings, etc.
- Select a seat far away from the door and windows and toward the front of the class, if possible.
- Write vocabulary words in color on index cards with short definitions on the back. Look through them frequently, and then write out the definitions again to check yourself.

**LEARNING TIPS: IF YOU ARE AN AUDITORY LEARNER .....**

- Try studying with a friend so that you can talk out loud and hear the information.
- Read aloud any facts that you want to remember (quotes, lists, dates, etc.)
- Record classroom lectures, or read class notes onto a tape. Try to listen to your recorded notes three times.
- Before reading a chapter, look at all the headings and picture captions and read them aloud.

- Write vocabulary words in color on index cards with short definitions on the back of each card. Review them frequently by reading the words and saying the definitions aloud.
- Before beginning an assignment, set a specific study goal and say it aloud.
- Read aloud whenever possible. In a quiet place, try hearing the words in your head as you read silently. Your brain needs to “hear” the words as your eyes read them.
- Use color and graphic symbols to highlight main ideas in your notes, textbooks, handouts, etc.

#### **LEARNING TIPS: IF YOU ARE A KINESTHETIC LEARNER....**

- To memorize, walk around while reciting to yourself or looking at a list or index card.
- When reading a textbook chapter, first look at the pictures, then read the summary or end-of-chapter questions. Then, look over the section headings and bold-faced words. Get a “feel” for the whole chapter by reading the end first, then working your way towards the front of the chapter. This is called working “whole-to-part”.
- If you need to fidget when in class, experiment with ways of moving that don’t disturb others.
- You may not study best at a desk, so when you’re at home, try studying on your bed or while walking around. Also, try studying with music playing in the background.
- If you have a stationary bicycle, try reading while pedaling.
- Use a bright color on your desk. This is called “color grounding” and will help focus your attention. You might want to try reading through a color transparency. Experiment with different colors and different ways of using color.
- While studying, take breaks as frequently as you need to. Just be sure to get right back on task.
- When trying to memorize information, try closing your eyes and writing information in the air or on a desk or carpet with your finger. Picture the words in your head as you do this. If possible, hear them, too. Later when trying to recall the information, close your eyes and remember your actions.

## **MAKING THE MOST OF YOUR LEARNING STYLE**

How do you learn best? Do you learn best by seeing things, hearing them, or acting them out? What can you do at school – and when you're doing your homework – to take advantage of your unique learning style?

Think about your learning style as you review your grades and write your academic improvement plan.

Maybe you don't need to study more.....but, just need to study smarter!

Can you change the way you study to build on your natural strengths? If you're a visual learner, can you focus more on writing and drawing to learn? If you're an auditory learner, can you focus more on hearing things to learn? If you're a kinesthetic learner, can you focus more on acting things out to learn?

How can your family and teachers help you learn better?

Share this handout with your parents or guardians. They might be surprised to see how you learn, and they might learn something about their own learning styles, too!