

# 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 style 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

## 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)

## 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

- 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

## 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

- 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