

Making the Most of Your Learning Style

Every learner has a unique approach to taking information in and processing it. Knowing your natural disposition, talents, interests, and learning modality (i.e. Visual, Auditory, or Kinesthetic) can help you to cultivate your natural potential.

Below are some suggestions for how to apply different learning styles.

The Visual Learner

Visual learners need to see in order to understand and learn. Some visual learners learn best with pictures, and some with words. These people will “see” words or images in their mind’s eye when remembering things. They’ll be much more likely to remember information if they read it or see it.

For Visual Learners:

- Write out questions that you are working on.
- Draw diagrams to explain relationships between new and old information.
- Practice reading, writing or drawing at home.
- Make vocabulary flash cards (use different colour cards)
- Take notes in class and review them.
- Underline or highlight text as you read.

The Auditory Learner

Auditory learners need to hear information in order to process it. They need to discuss what they are learning, and it can often help them to “teach” newly learned information to someone. These learners often need background noise or music to study effectively.

For Auditory Learners:

- Repeat information to yourself.
- Make up songs or rhymes to memorize new information.
- Read aloud.
- Recite information, poetry, or songs.
- Talk to someone about what you are learning.
- Ask yourself questions about what you are reading and look for the answers.

The Kinesthetic Learner

Kinesthetic Learners need to touch things and move to process new information. (Teachers can have a hard time with this one!) It can often help them to doodle or tap a foot while studying. Hands-on projects give Kinesthetic learners the opportunities they need to manipulate the objects they are learning about.

For Kinesthetic Learners:

- Make a drawing to describe information.
- Make up actions for items that need to be remembered.
- Walk while talking or reciting information.
- Do hands-on projects whenever possible.
- Make a flow chart to show relationships between information.
- Write information onto flash cards that you can move.