

Adapting Study Strategies to Learning Styles

Each of us has a preferred learning style, and your studying efficiency will improve if you adapt your study strategies to your preferred style.

Auditory: Repeating material orally helps you to learn. Discussing material also helps your comprehension of what you are trying to learn. ***Attending lectures is essential for you to learn and understand new concepts.*** You may want to consider taping your lectures.

Visual: You learn things when you see them; however, you must see the entire picture of what you are to learn before you begin. If you don't view the whole picture from the beginning, you will have difficulty organizing and mastering the material. Making graphs and charts helps you learn; diagrams on the board really clarify things for you.

Kinesthetic/Tactile: You learn well when physical activity is required for learning. You learn by doing; you find it hard to sit still for a long time.

Some Suggestions for Adapting your Study Style to Your Learning Styles

Auditory:

- Say your notes OUT LOUD.
- Lip-read to yourself.
- Study ORALLY with a friend.
- Study in a quiet place so that noise doesn't distract you.
- Explain the material to someone who knows nothing about it.
- Tape a review of the material and listen to it often.
- Whisper or say letters while writing words.
- Paraphrase directions and ideas.
- Subvocalize or move lips while reading.
- "Talk Through" problems on the way to solutions.
- With new activities – talk about what to do, how to do it, and why it's done that way.
- Talk about illustrations and diagrams in texts.
- Use rhymes to help memorize.
- Talk to a pillow to practice speeches.
- Talk to self while painting or drawing.
- Listen to tapes while driving to work or school.

Visual:

- Study in a “clutter-free” environment.
- Use index cards and “stick notes”.
- Highlight your notes: use colors creatively – color code.
- Visualize your notes.
- Think in “pictures”
- Make lists: draw symbols and diagrams.
- Make use of visuals in your textbooks.
- WRITE OUT your notes from lectures and texts.
- Make charts – organize notes into meaningful units.
- Outline texts and notes.
- Write up “mock test”.
- Watch a movie or tape related to the topic you’re studying.
- DRAW the situation particularly where math story problems are concerned.
- Write down directions.

Kinesthetic/tactile:

- Take frequent breaks.
- MOVE AROUND when you are studying.
- Chew gum.
- Attach an on-going reward to studying, e.g. a soda.
- Try to “beat the clock” by setting up a 40-50 minute study period.
- Try to go over a specific amount of material, and then take a break.
- Use your fingers to name off items or ideas that you are reviewing.
- If you can also learn auditorily, and tape your lectures, then you should listen to them when you are doing some physical activity.
- Move your body in response to music.
- Use your finger to write in the air.
- Use two fingers to underline whole words for “tracking” while reading.
- Study by writing on a chalkboard or dry erase board – use larger body muscles.
- Use plastic letters and a magnetic board during your study sessions.
- Write and rewrite words, phrases, and formulas to commit them to memory.

Hint: Remember that you may have to vary your learning style to the best of your ability depending upon the demands of different classes. You may have to LEARN to use an additional mode depending upon the style of the teacher.