



WHAT'S YOUR LEARNING STYLE?

Visual

- Use visual materials such as pictures, charts, maps, graphs, etc.
- Have a clear view of your teachers when they are speaking to you can see their body language and facial expression.
- Use color to highlight important points in text
- Takes notes or ask your teacher to provide handouts
- Illustrate your ideas as a picture or brainstorming bubble before writing them down.
- Write a story and illustrate it.
- Use multi-media (e.g. computers, videos, filmstrips)
- Study in a quiet place away from verbal disturbances
- Read illustrated books
- Visualize information as a picture to aid memorization

Auditory

- Participate in class discussions/debates
- Make speeches and presentations
- Use tape recorder during lectures instead of taking notes
- Read the text aloud
- Create musical jingles to aid memorization
- Create mnemonics to aid memorization
- Discuss your ideas verbally
- Dictate to someone while they write down your thoughts
- Use verbal analogies, and storytelling to demonstrate your point



Kinesthetic/Tactile

- Take frequent study breaks
- Move around to learn new things (e.g. read while on an exercise bike, mold a piece of clay to learn a new concept)
- Work at a standing position
- Chew gum while studying
- Use bright colours to highlight reading material
- Dress up your workspace with posters
- If you wish, listen to music while you study
- Skim through reading material to get a rough idea of what it is about before settling down to read it in detail

