

## **LEARNING SUGGESTIONS**

### ***Visual Learners***

Visual learners learn best by seeing. The following suggestions will enhance the visual learners' ability to focus on, store, and recall information:

1. Your study environment should be clutter free, away from windows and movements.
2. Highlight and write down as you study. Use different colors to select and organize.
3. Always write down what you need to remember. This includes using notes as reminders and using a calendar to list due dates and dates to begin assignments.
4. Make class notes visual with drawings, spacing, symbols, and so on.
5. Make use of text visuals such as charts and pictures. If you have to recall them from memory, practice reproducing them on a piece of paper.
6. Use study cards with written information organized into outlines, drawings, or diagrams. Review them by writing to reproduce the information.
7. Make your recall cues as visual as possible. Use capital letters, colors, and illustrations.
8. Recall information for exams by visualizing text pages, notes, or study cards.
9. When solving problems, draw or illustrate the problem and solution
10. If permitted, make notations on test questions. Underline key words, or draw what you find difficult to understand.

### ***Auditory Learners***

Auditory learners learn best by hearing. The following suggestions will enhance the auditory learner's ability to focus on, store, and recall information.

1. Have a quiet place to study. If you cannot eliminate background noise, conceal it by quietly playing classical music or an environmental sound track.
2. Recite aloud as you study.
3. Attend all lectures. Copying another's notes is not as effective for you as hearing the material.
4. In addition to taking notes, use a tape recorder to record lectures. Always ask the instructor for permission to tape a lecture. As you review your notes after class, use the tape for those parts of the lecture that were difficult to understand. Play lecture tapes in your car to make good use of commuting time.

5. Study in groups or with a friend. Explain information in your notes to another person. If you find a study group distracting, have a person you can call on a regular basis to discuss class content over the phone.
6. Talk to yourself. Describe diagrams and practice answering test questions out loud.
7. Recite study cards into a tape recorder, play the tape back for repeated practice.
8. When solving problems, talk yourself through each step.
9. Recall information during exams by hearing yourself recite in your head.
10. Chunk test questions, and recite each part to yourself in your head.

### ***Kinesthetic Learners***

Kinesthetic learners learn best by doing and moving. They often have difficulty sitting still for long periods. The following suggestions will enhance the kinesthetic learner's ability to focus on, store and recall information.

1. Use as many of your senses as possible when you study: see, hear, touch taste, smell.
2. Move around when you study. Put as much as you can on study cards, Lay study cards out on the floor in various locations, practice reciting them as you move around the room.
3. Carry study cards with you everywhere, and use them whenever you have to wait.
4. Study in small, frequent chunks. Give yourself breaks and rewards.
5. Use a timer, and decide on an amount of time you feel you can effectively sit and work. Underestimate, and work up to longer periods if possible. When the timer sounds, take a break and do something physical.
6. Set goals at the amount of information you will cover, such as five pages, when you reach your goal, take a break.
7. For surface learning, use a mnemonic device called method of place. When you have to recall items on a list, imagine them as placed in sequential locations in your home and associate them with those places. For example, if you have to remember the names of the presidents of the United States, begin in your kitchen. Wash Washington in the sink, bake Adam's apple in the oven, and so on. To trigger a recall for the test, imagine yourself walking to each area.
8. Study with other kinesthetic persons. Their gestures and activities may give you additional input.
9. When solving a problem, move around and manipulate items to represent parts of the problem.
10. When taking exams, try to "feel" how you stored information by remembering what you did physically as you studied.