

HOW DO I LEARN BEST?

Looking At Learning Differences

Visual Learner:

- Visualize yourself successfully performing a task
- Take notes to see it on paper
- Keep a journal of what you have learned
- Use charts, maps, notes, and flash cards
- Make pictures of words, ideas, and concepts in your head
- Ask your teacher to write on the board

Auditory Learner:

- Tape lessons/lectures
- Read your notes or texts out loud
- Summarize what you have learned and tape yourself
- Explain to others what you have learned
- Make a song out of items you need to memorize
- Listen to music as you study
- Match words, ideas, and concepts to musical themes

Reading/Writing Learner

- Write out words/notes again and again
- Write out notes in different words
- Organize graphs/charts into words (e.g. The trend is...)
- Make lists
- When studying for a test, take notes for old tests and quizzes

Kinesthetic (Tactile) Learner:

- Take notes
- Underline or highlight important facts
- Make a scrapebook of what you have learned
- Act out a poem, story, or historical event
- Walk through a series of instructions
- Build a model or draw a picture to illustrate what you are learning
- Create exercises or motions to match words and concepts