

Leveraging Your Learning Preference

Maximize your study time by using strategies that appeal to your learning preference.

Visual Learners

Prefer to receive info through:

- Charts, graphs, and/or symbols

Note Taking tips:

- Highlight important points in text
- Color-code or underline
- Create visual reminders of information
- Limit amount of words/information to allow for mental imagery

Study Tips:

- Convert notes and translate words into symbols, diagrams, or pictures
- Use charts, diagrams, and mind maps
- Create flashcards for key information

Aural/Auditory Learners

Prefer to receive info through:

- Record notes and information and read them for the study group and have discussions

Note Taking tips:

- Record notes and information and read them for the study group and have discussions

Read/Write Learners

Prefer to receive info through:

- Reading/written words

Note Taking tips:

- Read textbook material before class
- Write notes in great detail
- Rewrite notes immediately after class to review and clarify
- Rewrite ideas and principles into other words

Study Tips:

- Rewrite the most important ideas
- Organize diagrams/graphs into statements
- Write lists; arrange words into hierarchies and bullet points

Kinesthetic Learners

Prefer to receive info through:

- Experience and practice

Note Taking tips:

- Skim through reading material BEFORE class
- Sit in the front of the class to stay engaged
- Record lectures (with permission) AND write them down

Study tips:

- Relate materials to real world examples
- Seek related hands on activity
- Memorize/drill while exercising
- Stand while reading, writing, or reviewing
- Take frequent breaks (no more than 15 mins)

