



# Learning Styles

There are many types of learning styles. Each of us has a different style or combination of styles that we tend to prefer or rely on. Hopefully, these are the styles that have brought us success in the past. If this is not the case, it may be helpful to reassess one's approach to learning. We all learn differently, but we can all learn effectively. It is important to understand your own learning style and use it to your advantage in school. Four types of learning styles will be discussed in this handout: **visual, auditory, tactile/kinesthetic, and social.**

## **Visual Learners**

Visual learners remember best what they see. They tend to think in terms of pictures and create vivid mental images to retain information. Most visual learners can understand material better when they read it themselves than when they listen to it.

### **Practical suggestions for visual learners:**

- Look at teachers when they are speaking
- Take detailed notes during lectures
- Make margin notes in your textbooks
- Use visual materials such as diagrams, charts, maps, graphs, etc.
- Rewrite your notes using mind maps and time lines
- Color code with highlighters (e.g., yellow for facts and blue for definitions)
- Use multi-media (e.g. computers, videos, and filmstrips)
- Study in a quiet place
- Work alone

## **Auditory Learners**

Auditory learners learn best by listening. Information tends to stick once they hear it. These students learn best through discussions, talking things through, and listening to what others have to say.

### **Practical suggestions for auditory learners:**

- Tape record lectures along with taking notes
- Discuss course material with another person
- Read text materials and class notes out loud
- Play music in the background while studying
- Create musical jingles and mnemonics to assist memorization

### **Tactile/Kinesthetic Learners**

Tactile/kinesthetic learners learn best through a hands-on approach, actively exploring the physical world around them. They may find it hard to sit still for long periods and may become distracted by their need for activity.

### **Practical suggestions for tactile/kinesthetic learners:**

- Take frequent study breaks
- Rewrite your notes
- Recite your notes out loud while pacing or moving about your room
- Work at a standing position
- Create flashcards
- Draw mind maps or pictures to accompany your notes

### **Social Learners**

Social learners learn best through interaction and verbal communication with other people. They tend to take advantage of group discussions and projects. Social interaction assists these learners by providing support, confirmation, and guidance from others in the processing of information.

### **Practical suggestions for social learners:**

- Form a study group
- Go to teachers for explanations and to work through class information
- Take advantage of group projects in class
- Use interviews for sources on reports
- Have someone quiz you when studying for tests
- Teach someone else as this will reinforce course information

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