### SNAPSHOT OF LEARNING STYLES AND STUDY STRATEGIES

<table>
<thead>
<tr>
<th>If your style is:</th>
<th>You may …</th>
<th>And study best by …</th>
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</table>
| **Visual**       | ⚫ Learn by seeing  
                    ⚫ Like color and art  
                    ⚫ Like written instruction  
                    ⚫ Like e-mailing and texting  
                    ⚫ Like reading  
                    ⚫ Struggle with spoken instruction  
                    ⚫ Dislike lecture method of instruction  
                    ⚫ Remember what was written where  
                    ⚫ Be among 55% of the population |
|                  | • Using highlighting, underlining, and color-coding  
                    • Reading and writing  
                    • Flashcards and taking notes  
                    • Repeating reading for memory  
                    • Pictures, diagrams, charts, etc.  
                    • Visualization to remember things  
                    • Answering written questions  
                    • Quiet study environment  
                    • Mapping and loci study methods |
| **Auditory**     | ⚫ Learn by hearing  
                    ⚫ Like spoken instruction and discussion groups  
                    ⚫ Like lecture method of instruction  
                    ⚫ Like audiobooks  
                    ⚫ Like talking on the phone and listening to music  
                    ⚫ May appear to ask questions that were already answered or obvious  
                    ⚫ Dislike extensive reading, writing, or PowerPoints  
                    ⚫ Remember who said what  
                    ⚫ Be among 20% of the population |
|                  | • Reading aloud  
                    • Tape-recording lectures and listening again (with instructor permission)  
                    • Using screenreaders  
                    • Repeating things back for memory  
                    • Light background noise when studying  
                    • Asking instructor to repeat things if you did not hear it  
                    • Participating in discussion groups  
                    • Having questions asked aloud or others quiz you |
| **Kinesthetic**  | ⚫ Learn by doing  
                    ⚫ Like physical activity  
                    ⚫ Like active learning and demonstrations  
                    ⚫ Like activities, putting things together, puzzles  
                    ⚫ Like labs, group work, and discussion methods of instruction  
                    ⚫ Dislike lecture method of instruction  
                    ⚫ Dislike sitting still  
                    ⚫ Remember who did what  
                    ⚫ Be among 25% of the population |
|                  | • Flashcards or making it a game  
                    • Mnemonics  
                    • Participatory learning like role playing, building models, etc.  
                    • Tracing key words/definitions or following with finger  
                    • Repeating practice for memory  
                    • Studying while exercising or moving hands/feet  
                    • Doodling while listening  
                    • Case studies  
                    • Taking frequent study breaks to do something active for 15 minutes |