



**Center for Student Academic Success**  
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### SNAPSHOT OF LEARNING STYLES AND STUDY STRATEGIES

If your style is:	You may ...	And study best by ...
<b>Visual</b>	<ul style="list-style-type: none"> <li>• Learn by seeing</li> <li>• Like color and art</li> <li>• Like written instruction</li> <li>• Like e-mailing and texting</li> <li>• Like reading</li> <li>• Struggle with spoken instruction</li> <li>• Dislike lecture method of instruction</li> <li>• Remember what was written where</li> <li>• Be among 55% of the population</li> </ul>	<ul style="list-style-type: none"> <li>• Using highlighting, underlining, and color-coding</li> <li>• Reading and writing</li> <li>• Flashcards and taking notes</li> <li>• Repeating reading for memory</li> <li>• Pictures, diagrams, charts, etc.</li> <li>• Visualization to remember things</li> <li>• Answering written questions</li> <li>• Quiet study environment</li> <li>• Mapping and loci study methods</li> </ul>
<b>Auditory</b>	<ul style="list-style-type: none"> <li>• Learn by hearing</li> <li>• Like spoken instruction and discussion groups</li> <li>• Like lecture method of instruction</li> <li>• Like audiobooks</li> <li>• Like talking on the phone and listening to music</li> <li>• May appear to ask questions that were already answered or obvious</li> <li>• Dislike extensive reading, writing, or PowerPoints</li> <li>• Remember who said what</li> <li>• Be among 20% of the population</li> </ul>	<ul style="list-style-type: none"> <li>• Reading aloud</li> <li>• Tape-recording lectures and listening again (with instructor permission)</li> <li>• Using screenreaders</li> <li>• Repeating things back for memory</li> <li>• Light background noise when studying</li> <li>• Asking instructor to repeat things if you did not hear it</li> <li>• Participating in discussion groups</li> <li>• Having questions asked aloud or others quiz you</li> </ul>
<b>Kinesthetic</b>	<ul style="list-style-type: none"> <li>• Learn by doing</li> <li>• Like physical activity</li> <li>• Like active learning and demonstrations</li> <li>• Like activities, putting things together, puzzles</li> <li>• Like labs, group work, and discussion methods of instruction</li> <li>• Dislike lecture method of instruction</li> <li>• Dislike sitting still</li> <li>• Remember who did what</li> <li>• Be among 25% of the population</li> </ul>	<ul style="list-style-type: none"> <li>• Flashcards or making it a game</li> <li>• Mnemonics</li> <li>• Participatory learning like role playing, building models, etc.</li> <li>• Tracing key words/definitions or following with finger</li> <li>• Repeating practice for memory</li> <li>• Studying while exercising or moving hands/feet</li> <li>• Doodling while listening</li> <li>• Case studies</li> <li>• Taking frequent study breaks to do something active for 15 minutes</li> </ul>