

CHARACTERISTICS OF LEARNING STYLES

Three of your five senses are used primarily in learning, storing, remembering, and recalling information. Your eyes, ears, and sense of touch play essential roles in the way you communicate, perceive reality, and relate to others. Because you learn from and communicate best with someone who shares your dominant modality, it is a great advantage for you to know the characteristics of visual, auditory, and kinesthetic learning styles and to be able to identify them in others.

VISUAL

- mind sometimes strays during verbal activities
- observes rather than talks or acts
- organized in approach to tasks
- likes to read
- usually a good speller
- memorizes by seeing graphics and pictures
- not too distractible
- finds verbal instructions difficult
- has good handwriting
- remembers faces
- uses advanced planning
- doodles
- quiet by nature
- meticulous, neat in appearance
- notices details

AUDITORY

- talks to self aloud
- enjoys talking
- easily distracted
- has more difficulty with written directions
- likes to be read to
- memorizes by steps in a sequence
- enjoys music
- whispers to self while reading
- remembers faces
- easily distracted by noises
- hums or sings
- outgoing by nature
- enjoys listening activities

KINESTHETIC

- likes physical rewards
- in motion most of the time
- likes to touch people when talking to them
- taps pencil or foot while studying
- enjoys doing activities
- reading is not a priority
- poor speller
- likes to solve problems by physically working through them
- will try new things
- outgoing by nature; expresses emotions through physical means
- uses hands while talking
- dresses for comfort
- enjoys handling objects

Students who have equal modality preferences are more flexible learners and are already using many studying techniques rather than just a few.

SUGGESTED AIDS FOR LEARNING MODALITIES

Depending on which learning modality you determined was dominant for you, use these aids to sharpen your particular dominant learning modality or to strengthen a weaker one. Try to be aware of the different activities you do daily to develop all three of your modalities.

VISUAL

- use guided imagery
- form pictures in your mind
- take notes
- see parts of words
- use "cue" words
- use notebooks
- use color coding
- use study/flash cards
- use photographic pictures
- watch filmstrips
- watch movies
- use charts, graphs
- use maps
- demonstrate
- create and use drawings
- use exhibits
- watch lips move in front of a mirror
- use mnemonics (mind maps, visual chains, acronyms, acrostics, hook-ups), refer to "Memory Chapter"

AUDITORY

- use tapes
- watch TV
- listen to music
- speak and listen to speakers
- make up rhymes or poems
- read aloud
- talk to yourself
- repeat things orally
- use rhythmic sounds
- have discussions
- listen carefully
- use oral directions
- sound out words
- use theater
- say words in syllables
- use mnemonics (word links, rhymes, poems, lyrics), refer to "Memory Chapter"

KINESTHETIC

- pace or walk as you study
- physically "do it"
- practice by repeated motion
- breathe slowly
- role play
- exercise
- dance
- write
- write on surfaces with finger
- take notes
- associate feelings with concept/information
- write lists repeatedly
- stretch and move in chair
- watch lips move in front of a mirror
- use mnemonics (word links, rhymes, poems, lyrics), refer to "Memory Chapter"



	Visual	Auditory	Kinesthetic
Time Management	<ul style="list-style-type: none"> • Use "To Do" lists daily • Post Reminder notes to yourself • Use Color codes 	<ul style="list-style-type: none"> • Use and give oral directions • Talk to yourself as a reminder • Make and use tapes 	<ul style="list-style-type: none"> • Write on monthly calendars • Pace when you talk to yourself • Organize all study supplies within easy reach
Note Taking	<ul style="list-style-type: none"> • Watch for important vocabulary words • Chunk information together on a page • Use drawings, charts, and graphs 	<ul style="list-style-type: none"> • Say vocabulary words out loud • Listen carefully from the very beginning • Read and repeat things orally 	<ul style="list-style-type: none"> • Use graphic organizers • Associate feelings with concept/information • Flip through vocabulary cards often
Reading Skills	<ul style="list-style-type: none"> • Form pictures in your mind • See parts of words • Look for context clues 	<ul style="list-style-type: none"> • Read Aloud • Have discussions • Teach someone the new information 	<ul style="list-style-type: none"> • Pace/walk as you read • Role play • Take notes after reading Each paragraph
Memory	<ul style="list-style-type: none"> • Use flash cards • Use acrostics • Reproduce graphic organizers from memory 	<ul style="list-style-type: none"> • Make and use tapes • Talk aloud when reviewing • Set the information to music/use word links 	<ul style="list-style-type: none"> • Physically "do it" • Focus all your senses on new information • Watch lips move in front of a mirror
Test Taking	<ul style="list-style-type: none"> • Use "cue" words • Use graphic organizers • Form pictures in your mind 	<ul style="list-style-type: none"> • Talk to yourself to reduce stress • Repeat mnemonics to yourself • Read all directions twice to yourself 	<ul style="list-style-type: none"> • Relax muscles in body • Stretch in your chair • Breathe slowly