

Suggestions for Modality Learning Style Preferences

Auditory Learners

Need to talk and listen



- Attend class to hear lectures
- Tape lectures, if permitted
- Talk aloud when you study
- Read aloud if it's a difficult concept
- Takes classes that often use class discussion, debates, and lecture
- Organize a study group to talk out ideas, problems, possibilities
- Find tapes and videos that cover the information you need to learn
- Create musical jingles or other mnemonics to help you learn the information
- Use white noise to cover distractions

Visual Learners

Need to see, observe, record, and write



- Read
- Pay attention to handouts, overheads, and what's written on the board
- Take notes and re-read them, highlight them with bright colors
- Visualize information as a picture
- Make mind maps, charts, graphs, pictures, diagrams
- Highlight important points in the textbook in color
- Use computers, videos to reinforce the information
- Limit visual distractions (sit in the front of a classroom, study in a carrel or away from a window)
- Sit with a clear view of the instructors so you can see their body language and facial expressions
- Adjust light; avoid fluorescent lighting

Kinesthetic/Tactile Learners

Need to do, touch, be physically involved

- Take notes, underline, write, highlight with bright colors
- Copy, sketch, chart, mind map
- Make flash cards, use models
- Participate as much as possible
- Use rhythm to help you memorize
- Take frequent breaks and move around during them
- Exercise regularly; think about what you are learning during exercise
- Study in a standing position
- Move around while studying (ex: read while on an exercise bike)
- Chew gum while studying

