

Study Tips for Different Learning Styles

Source: American River College

***Directions:** Use the study tips outlined for your first learning preference and then reinforce what you are learning with tips from your second preference.*

1. Write down anything that you want to remember, such as a list of things to do, facts to learn, facts for a test, etc.
2. Try to write down information in your own words. If you don't have to think about the material and restate it in your own words, you won't really learn it.
3. Underline or highlight important words you need to learn as you read.
4. When learning a new vocabulary word, visualize the word.
5. When you have a list of things to remember, keep the list in a place where you will be sure to see it several times a day. Suggestions: bulletin board by your desk at home, in your notebook, on the mirror in the bathroom, etc.
6. Try drawing a picture of any information you want to learn. Try making a diagram, a chart, or actually drawing people, things, etc.
7. Always read any material in the textbook before going to class so you have a chance to visually connect with the information before hearing it.

Tips for Auditory Learners (Oral, Interactive)

1. Use a tape recorder to record notes when reading instead of writing facts down. Play it back while you are riding in the car, doing dishes, washing the car, jogging etc.
2. Subvocalize, that is, talk to yourself about any information you want to remember. Try to recite it without looking at your notes or the book.
3. Discuss with others from your class and then quiz each other on the material. Really listen to yourself as you talk.
4. When learning a new vocabulary word, say it out loud. Then spell it out loud several times. See if it rhymes

with a word that you know. You could even try singing the word in a song.

5. To learn facts, say them out loud, put the facts to music or read them into a tape recorder. Then, listen to what you have recorded often.
6. When writing, talk to yourself. First, tell yourself what you will write, say it out loud as you write it, and then read aloud what you have written or tape record it.
7. Always read material in your textbook to be learned after hearing the information first in the class lecture, (unless the instructor assigns the reading first before class so you can participate in class discussions).

Tips for Physical Learners (Tactile, Kinesthetic)

1. Try to study through practical experiences, such as making models, doing lab work, or roleplaying.
2. Take frequent breaks in study periods, only 5 - 10 minutes in length.
3. Trace words and letters to learn spelling and to remember facts.
4. Use the computer to reinforce learning through the sense of touch.
5. Memorize or drill while walking, jogging, or exercising.
6. Try expressing your abilities through dance, drama, or sports.
7. Try standing up when you are reading or writing.
8. Write facts to be learned on 3" x 5" cards, with a question on one side and the answer on the other. Lay out the cards, quiz yourself, shuffle them, lay them out again and quiz yourself again.
9. When working with a study group, think of TV quiz games (Jeopardy, etc.) as ways to review information.