Strategies for Specific Learning Styles

Visual Learners

Visual learners learn best by seeing information. They have strong visualization skills. They remember information presented in demonstrations, pictures, graphs, diagrams, and charts easily. Visual learners often pay close attention to the body language of others. Their visual-spatial skills are strong. They often make detailed pictures in their minds of information they are reading or learning and often make comments such as “I can’t picture what you are saying” or I don’t see what you men.” They learn best by writing information down. They are list-makers and generally good with details. They prefer to be shown step by step when learning a new skill.

Strategies for Visual Learners:

1. Visualize and make detailed and action-oriented pictures in your mind of information you are reading and learning.
2. Make use of graphs, charts, and pictures in your textbook.
3. Read the chapter in your textbook before you attend the class lecture on that subject to enhance your understanding of the material.
4. Pay close attention to colors, shapes, textures, and sizes.
5. Pay close attention to body language such as facial expressions, hand gestures, and body stance.
6. Close your eyes, look up (often to the left) to “see” information invisibly written in your mind.
7. Use visual study tools such as flash cards, visual maps, hierarchies, matrixes, summary sheets and time lines.
8. Add pictures, stick figures, and cartoons to your notes to enhance your retrieval cues. “A picture is worth a thousand words” is a true statement for a visual learner.
9. Use different colors when highlighting, i.e. one color for the main ideas and a different color for the details.
10. Re-write information.
11. Take notes during lectures and from reading assignments.

Auditory Learners

Auditory learners learn best by hearing information. These students tend to do well in lecture-type classes as they can remember, with great accuracy, details of information they hear during lectures and conversation. They generally pick up new vocabulary terms easily and learn foreign languages with ease. They have strong oral communication skills. Auditory learners have good listening skills and follow oral directions better than written directions. They often have musical talents. They hear tones easily and have a strong sense of rhythm.

Strategies for Auditory Learners:

1. Read your textbook and lecture notes aloud.
2. Tape your classes and listen to them; however, it is important to actively take notes during a lecture as well.
3. Read notes into a tape recorder and listen to them.
4. Discuss your class material with other students.
5. Join study groups.
6. When studying talk aloud to yourself.
7. Practice putting information in your own words until you can express it clearly.
8. Increase your reading comprehension by reading aloud.
9. Use rhythms, rhymes, and jingles to memorize.
10. Use an exaggerated voice with pronounced intonation (rise and fall of the voice) and volume.

**Kinesthetic Learners**

Kinesthetic learners learn best through physical action and the use of the fine muscles and fine motor skills. These types of learners prefer hands-on tasks and do best by doing and manipulating. Individuals who have a preference for this type of learning style must supplement with visual and auditory strategies since information presented in lecture classes and in textbooks does not lend itself to the kinesthetically oriented learner. Information should be written down several times.

**Strategies for Kinesthetic Learners:**

1. Handle objects. Go to a science lab to touch and pick up objects. Sit at a computer and practice as you are learning to use the machine.
2. Use visual study tools such as flash cards, visual maps, hierarchies, matrixes, summary sheets, and time lines. Move them around, shuffle them, cut them up, and connect them with a string. Manipulate these visual study tools.
3. Incorporate body movement into your studying. Use exaggerated hand gestures to help you learn information. Use pantomime to act out works of art. Role-play characters for literature class.
4. Walk around as you study.
5. Write all information down several times.
6. Take notes on textbook reading and lectures.
7. Type information to be learned.
8. Talk aloud.