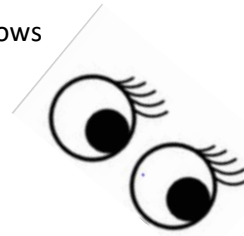


# Studying in *Style*

## Visual Learners Should...

- Look at the Instructor when they are speaking; it will help you focus
- Sit in front of the class to avoid distractions & away from doors or windows
- Use neatly organized or typed notes
- Use symbols, flow charts, graphs or pictures in your notes
- Organize study area to avoid distraction
- Used colored not pads, Post-Its & other forms of reminders
- Underline & highlight in different colors
- Create visual clues to remember words for exams
- Before reading a chapter or a book, preview it first by scanning the pictures & headings
- Write your own flashcard & look at them often
- Use charts, maps, posters, films, videos, or computer software when possible to both study & present your work
- Develop outlines before answering an essay question



## Auditory Learners Should...

- Audio record lectures & for reading materials
- Ask questions during class for clarification of material
- Work in quiet areas to reduce distractions
- Read your notes & text books aloud
- Read the directions for assignments aloud, or have someone read them to you, especially if the directions are long & complicated
- Use mnemonics, rhymes, jingles, & auditory repetition through audio recording to improve memory
- Use verbal brainstorming & audio recording for writing & proofreading
- When reading, skim through & look at the pictures, chapter titles, & other clues & say out loud what you think the information could be about
- After reading each section of a text book, summarize the information aloud or in writing in a few sentences
- Study with a friend so you can talk about the information & hear it, too



## Kinesthetic Learners Should...

- ❖ Actively participate in discussions
- ❖ Practice writing formulas, answers & essays
- ❖ Take short, frequent breaks
- ❖ Teach the material to someone else
- ❖ During class or study time, chew gum or candy
- ❖ Use all your senses to intake information – sight, touch, taste, smell & hearing
- ❖ Use direct movement, physical manipulation, imagery, & “hand-on” activities to improve motivation, interest, & memory
- ❖ Allow for physical movement & occasional breaks during test, while reading, or during written assignments (have a stress ball handy)
- ❖ Try jiggling your legs or feet, hand or finger exercises, or handle a small ball or object
- ❖ Studying away from a traditional desk, try lying on your back or stomach or sitting in a comfortable chair
- ❖ Memorize information by finger writing information in the air or on a rough surface
- ❖ Learn new information using flashcards, card games or physical games

