



SWANSEA METROPOLITAN UNIVERSITY
PRIFYSGOL FETROPOLITAN ABERTAWE

Making your Learning Style work for you!

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Characteristics of a Visual Learner

- Reader/Observer
- Scans everything; wants to see things, enjoys visual stimulation.
- Needs to see the lecturer's body language/facial expression to fully understand.
- Not pleased with lectures.
- Daydreams; a word, a sound or smell causes recall and mental wandering.
- Usually takes detailed notes.
- May think in pictures and learn best from visual displays.
- The *visual* learner remembers 75% of what they read or see.
- Demonstrations from the blackboard, diagrams, graphs and charts are all valuable tools for the *visual* learner.
- Generally, analytic *visual* learners will process the printed word before iconic (pictorial) information.
- Generally, global *visual* learners will process iconic (pictorial) information before reading the printed text.

Learning Strengths of the Visual Learner

- Remembers what they read and write.
- Enjoys visual projects and presentations.
- Can remember diagrams, charts and maps well.
- Understands information best when they SEE it.

Learning Strategies for the Visual Learner

- Write down things that you want to remember; you will remember them better that way.
- Look at the person who is speaking to you; it will help you focus.
- Try to work in a quiet place. Wear earmuffs or earplugs if necessary. Some visual learners do, however, like soft music in the background.
- If you miss something a lecturer says or do not understand, ask politely if they could repeat or explain.
- Replace words with symbols or initials.
- Translate concepts into pictures and diagrams.
- Underline or highlight your notes or textbooks with different colors.
- Practice turning your visuals back into words.
- Make flashcards of key information with words, symbols, and diagrams.

Characteristics of the Auditory Learner

- Interprets the underlying meanings of speech through listening to tone of voice, pitch, speed, and other nuances.
- Prefers directions given orally.
- Seldom takes notes or writes things down.
- Prefers lectures to reading assignments.
- Often repeats what has just been said; talks to self.
- The auditory learner MUST HEAR things for them to have the best chance of learning.
- Only 30% of the general school-age population is auditory.
- Generally, the auditory learner will remember 75% of what they hear in a lecture.
- Using the auditory modality is the most difficult way to learn new material.

Learning Strengths of the Auditory Learner

- Remembers what they hear and say.
- Enjoys lectures and small-group discussion.
- Can remember oral instructions well.
- Understands information best when they HEAR it

Learning Strategies for the Auditory Learner

- Study with a friend so you can talk about the information and HEAR it, too.
- Recite out loud the information you want to remember several times.
- Ask your lecturer if you can submit some work (if appropriate) as an oral presentation, or on audio tape.
- Make your own tapes of important points you want to remember and listen to it repeatedly. This is especially useful for learning material for tests.
- When reading, skim through and look at the pictures, chapter titles, and other clues and say out loud what you think this book could be about.
- Attend lectures and tutorials.
- Discuss topics with your instructor and other students.
- Put summarized notes on tape and listen to them.
- Join a study group or have a "study buddy."
- Tape-record your lectures.
- When recalling information or solving problems, talk out loud

Characteristics of a Kinaesthetic Learner

- The “Do-er”
- Needs to touch, handle, and manipulate materials and objects, especially when studying or listening.
- Counts on fingers and talks with hands.
- Good at drawing designs.
- Often doodles while listening, thus processing information.
- Good at sports, mechanic, using applications and tools.
- Often adventurous.
- May find it hard to sit still for long periods.
- May become distracted by their need for activity and exploration.

Learning Strengths of the Kinaesthetic Learner

- The tactile-kinaesthetic learner must DO things for them to have the best chance of learning.
- The tactile-kinaesthetic learner remembers best the things they experience.
- Kinaesthetic learning involves use of the whole body rather than just hands-on.
- Getting information from written materials or by listening is not as easy as aforementioned methods.

Learning Strategies for the Kinaesthetic Learner

- To memorise, pace or walk around while reciting to yourself.
- When reading a short story or chapter in a book, try a whole-to-part approach. This means you should first scan the pictures, then read headings, then read the first and last paragraphs and try to get a feel for the book. You could also try skim-reading the chapter or short story backwards, paragraph-by-paragraph.
- If you need to fidget, try doing so in a way which will not disturb others or endanger yourself or others. Try jiggling your legs or feet, try hand/finger exercises, or handle a clay ball, tennis ball or something similar.
- Sit near the instructor in classroom situations.
- Read out loud from your textbook and notes.
- Copy key points onto large writing surfaces (i.e. chalkboard or easel board).
- Copy key points using word processing software.
- Listen to audiotapes of your notes while exercising.
- Take in information through field trips, laboratories, trial and error, exhibits, collections, and hands-on examples.
- Put real life examples into your notes summary.
- Recall experiments and role-play.
- Use pictures and photographs that illustrate an idea.