LEARNING STYLE/PREFERENCE TECHNIQUES

No-one can be pigeonholed into just 'one' type of learner, every study technique actually works for every person - it is just that some techniques will be more effective for you than for others.

And so this means you should keep an open mind and experiment with lots of different techniques to see what works best for you.

Although many people find they have a dominant or preferred learning style, some people have a mixed or evenly balanced blend of the three styles. So you may find you are a combination of two, or even all three, of the learning styles discussed below. If this is the case you should try and use techniques from all the learning styles you are strong in.

Your learning preference may not always to be the same for some tasks. You may prefer one style of learning for one task, and a combination of others for a different task.

VISUAL LEARNING CLASSROOM TECHNIQUES:

- Sit in a seat where you have a clear view of your teacher and their facial expression.
- Always take notes when you are listening to information (and try things like concept or mind maps).
- Make an extra effort to participate in discussions if this does not come naturally for you.
- Pre-read sections of the textbook before class so you have an idea of what is coming.
- If you have a teacher who is big on just talking and discussion lessons, ask them (politely) if it is possible to also get some handouts on the material.

VISUAL LEARNING STUDY TECHNIQUES:

- Read the information then see what you can write down without looking.
- Include lots of pictures, charts, maps and diagrams in your study notes.
- Use colour to highlight important points in your notes.
- Try and illustrate your notes with pictures, symbols and brainstormed ideas.
- Use multi-media (computers, videos etc).
- Study in a quiet place, by yourself, away from noises (particularly people talking).
- Visualise the information you need to learn as a picture to make it easier to remember.
- Practise visualising your notes on the page, almost as though you can see the page.
- Make mental pictures and associations of the things you need to learn.
- Make and use flashcards to study.
- Put up notes around the house, make a poster of the info.
- Colour code the information to learn.

AUDITORY LEARNING CLASSROOM TECHNIQUES:

- Participate in classroom discussions and debates but don't take over the discussion.
- If an assignment has the option of giving a speech or presentation, this is a good option for you.
- If you have a teacher who talks a lot in class (and it is really valuable and useful stuff that they are saying) ask them (politely and outside of class) if it would be ok if you could record some lessons so you can listen to it again.
• If you are brainstorming ideas for an assignment, record them first then listen to them and write them down after that.
• Make more of an effort with your written work as this does not come as naturally to you as it does to visual learners.
• Never miss a class, you pick up lots of key info in the classroom.

AUDITORY LEARNING STUDY TECHNIQUES:

• Always read information out loud to yourself rather than reading it silently.
• Create songs, rhymes, musical jingles to help you remember study information.
• Discuss what you are studying with someone else.
• Make up stories about what you are studying and say the story out loud.
• Play classical music softly in the background while studying.
• Study with a group of people.
• Get someone to test you on what you are studying.
• Recite the info to be learnt over and over.
• Explain what you have studied to someone, even if it is to the cat.
• When trying to understand something, talk your way through the information.
• Tap out a rhythm as you are studying.
• Read out a rhythm then see what you can say out loud without looking at the notes.
• Make a recording of your notes and listen to them over and over.

KINESTHETIC LEARNING CLASSROOM TECHNIQUES:

• Bring a rubber band to class and wrap and unwrap it around your hand or pencil. Or a piece of bluetack you can squeeze and twist. This is better than clicking your pen which annoys everyone else, but you need to do something to get the fidgets out so you can listen and concentrate in class.
• Tense and relax your muscles when you have to sit for long periods of time.
• Underline, highlight or make notes while you read so you are at least doing something.
• If you have double lessons that are quite long, ask your teacher (politely) if it is possible to have a few minutes break in the middle to get up and stretch and move around.

KINESTHETIC LEARNING STUDY TECHNIQUES:

• Study in short 15-20 minute blocks. Better to do multiple focused blocks of work than one big block where you get distracted by everything.
• Remove ALL distractions when you are trying to study.
• Move around to learn new things (e.g. read while on an exercise bike, shoot hoops, mould a piece of clay to learn a new concept).
• Walk or pace while you are reading info you have to learn.
• Chew gum while studying.
• When studying, bounce a tennis ball against the wall or floor when you’re answering questions (but make sure you are not annoying someone else when you do this).
• Put lots of examples in your study notes to make it seem more real.
• Ride an exercise bike and test yourself on your study notes at the same time.
• Rewrite notes or type them to reinforce by sense of touch.
• Make a recording of your notes and go for a jog while you are listening to them.
• Do exercises as you repeat your notes to yourself.