

How I Learn

Using Your Learning Style

Understanding your learning style will help you uncover and develop strategies that work best for you. Most of us have more than one strength and it's always good to use more than one strategy in the learning process. Find out your learning style—take our online assessment at: www.cas.lsu.edu/learn

Visual Learner (prefers pictures, charts, diagrams, graphs, etc.)		
In Class	While Studying	During Exams
<ul style="list-style-type: none"> Underline important points Highlight with different colors Use symbols, charts, graphs 	<ul style="list-style-type: none"> Underline notes and text Highlight notes and text (in color) Summarize with images and concept maps 	<ul style="list-style-type: none"> Recall pictures Draw concept map of essay "Dump" formulas/ diagrams

Aural Learner (prefers hearing information)		
In Class	While Studying	During Exams
<ul style="list-style-type: none"> Attend lectures, discussions and tutorials Tape lecture for later 	<ul style="list-style-type: none"> Discuss material in study group Summarize notes, then read out loud Read onto tape, then listen back 	<ul style="list-style-type: none"> Listen to your inner voice to recall information Talk out question under breath

Reading/Writing Learner (prefers reading or writing about information)		
In Class	While Studying	During Exams
<ul style="list-style-type: none"> Create lists and headings Take complete lecture notes 	<ul style="list-style-type: none"> ID key words and associate them with details Reread notes and text and summarize them in writing Reread and summarize old tests Answer (in writing) the review questions 	<ul style="list-style-type: none"> Use key words to trigger more complete answers At the beginning of the exam, write out important lists Essay – write thesis, then outline Use Information Matrix to help organize

Kinesthetic Learner (prefers moving, touching, visualizing movement or hands-on activities to learn information)		
In Class	While Studying	During Exams
<ul style="list-style-type: none"> Use all senses in class Participate in Labs and field trips 	<ul style="list-style-type: none"> Trial and error is important - can learn from mistakes Create personal examples Use pictures to illustrate notes Stand, move, walk Study in an exam-like environment 	<ul style="list-style-type: none"> Remember examples Stretch or move to jog memory