

# Learning Styles

## Strategies for Success

### Introduction

#### Why are learning styles important?

Have you ever wondered why you seem to learn better in one style of class over another? This is most likely based on your specific learning style. Once you know how you best learn, you are able to use these techniques and strategies to your benefit so you are able to make the grade.

#### How do you best learn?

This one question will help you determine what type of learning style you have. Based on the VARK Questionnaire, you can determine some strategies to help you better learn at Texas Tech University.

#### Where should I start?

Take the quiz to find out your learning style: <https://vark-learn.com/the-vark-questionnaire/>

### Visual Strategies

**Key Statement:** Make it **visually dynamic!**

#### Quick Tips for Success

- Draw it out: use the Mind Map activity for notes
- Create diagrams or charts to organize ideas
- Use color and/or different fonts to note important information
- Look for videos on the content to help review

Strategy	Action Items
Reading Comprehension & Note Taking	<ul style="list-style-type: none"><li>• Organize the information in a visual way (mind mapping, charts, Venn diagrams)</li><li>• Use highlighters and/or color to distinguish important information</li><li>• Before reading or note taking, imagine what you already know and create a chart where you list all of this information.</li></ul>
Study Strategies	<ul style="list-style-type: none"><li>• Make colored flashcards</li><li>• Reviewing notes with images, graphs, and other visual cues</li><li>• Redraw graphs, images, or concepts from visual memory</li><li>• Replace long words and concepts into abbreviations or symbols/images</li></ul>

## Learning Styles

### *Strategies for Success*

Test Taking	<ul style="list-style-type: none"> <li>• Physically eliminate answer choices you know are wrong</li> <li>• Draw out questions and answers on the test (if permitted)</li> <li>• Use a scratch piece of paper to draw/map out the information you know</li> </ul>
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### Auditory/Aural Strategies

**Key Statement: Listen, talk, question, repeat!**

#### Quick Tips for Success

- Talk it out
- Join/create study groups to help talk out solutions
- Use voice recorders to record lectures
- Use your own “voice” when studying

Strategy	Action Items
Reading Comprehension & Note Taking	<ul style="list-style-type: none"> <li>• Read text aloud to yourself or listen to the audio book</li> <li>• Use a voice recorder to record class lectures to help supplement class notes</li> <li>• Listen to podcasts or videos to help supplement readings and lectures</li> </ul>
Study Strategies	<ul style="list-style-type: none"> <li>• Re-listen to class lectures</li> <li>• While studying, listen to music. Then before the exam, listen to the same music to refresh your memory</li> <li>• Join/create study groups to discuss concepts and topics</li> <li>• Use flashcards that you read aloud or have a friend quiz you out loud</li> </ul>
Test Taking	<ul style="list-style-type: none"> <li>• Whisper each question aloud to yourself, is possible</li> <li>• Slightly tap your foot or pencil to a constant beat (don't be distracting to other test takers) to help focus your mind</li> </ul>

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## *Strategies for Success*

### Kinesthetic Strategies

**Key Statement: Why should I learn this? Because it impacts my life!**

#### Quick Tips for Success

- Make it matter with real life experiences
- Join/create study groups to help discover solutions
- Use your senses to make the material “real”
- Teach others what you have learned or are learning

Strategy	Action Items
Reading Comprehension & Note Taking	<ul style="list-style-type: none"> <li>• Read text aloud to yourself or listen to the audio book</li> <li>• Use a voice recorder to record class lectures to help supplement class notes</li> <li>• Listen to podcasts or videos to help supplement readings and lectures</li> </ul>
Study Strategies	<ul style="list-style-type: none"> <li>• Re-listen to class lectures</li> <li>• While studying, listen to music. Then before the exam, listen to the same music to refresh your memory</li> <li>• Join/create study groups to discuss concepts and topics</li> <li>• Use flashcards that you read aloud or have a friend quiz you out loud</li> </ul>
Test Taking	<ul style="list-style-type: none"> <li>• Whisper each question aloud to yourself, is possible</li> <li>• Slightly tap your foot or pencil to a constant beat (don't be distracting to other test takers) to help focus your mind</li> </ul>

### Reading/Writing Strategies

**Key Statement: Read, write, repeat.**

#### Quick Tips for Success

- Use written words to study
- Write your notes and read them back when studying
- Use conventional outlining techniques to organize ideas and materials
- Rewrite in your own words

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## *Strategies for Success*

Strategy	Action Items
Reading Comprehension & Note Taking	<ul style="list-style-type: none"> <li>• Use handwritten or typed notes in class</li> <li>• Take written notes when studying and reading</li> <li>• Read over research papers and essays to better understand topics</li> <li>• Write out vocabulary and key words</li> </ul>
Study Strategies	<ul style="list-style-type: none"> <li>• Use subtitles and/or transcripts of any videos or audio</li> <li>• Take notes while listening or watching lectures</li> <li>• Write out notes and review guides multiple times</li> <li>• Rewrite any graphs or pictures into text</li> </ul>
Test Taking	<ul style="list-style-type: none"> <li>• Take notes next to answer choices</li> <li>• Use process of elimination and physically mark out choices or write “No” or “Maybe” next to eliminated or potential choices</li> </ul>

### Multimodal Strategies

What you will most likely find is you will relate to multiple learning styles. And that is completely normal.

Take your highest ranked learning styles and try out the following strategies. You will find some of the strategies for note taking in one learning style work better than another.

Tip:

- Experiment with the different learning styles
- There is no “right” way to study or take notes
- The best way to prepare for a test is giving yourself enough time to study and getting enough sleep before
- Find a study space that fits your learning style and doesn’t have overwhelming distractions.

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## Strategies for Success

### Create Your Strategy for Success

Use the following prompts to help you create a Success Strategy to best utilize your learning style(s)

My learning style(s) are: Visual      Auditory      Reading/Writing      Kinesthetic

#### **Note-taking**

Do I like how I currently take notes?      Yes      No

What do you like about the notes you take?

What do you want to improve with your note taking?

I am going to try these studying strategies:

Strategy	How I will make it work (My Plan)

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## Strategies for Success

### Studying

I find these things distracting: *(list your top three distractions in the box below)*

1.)
2.)
3.)

I currently study at: \_\_\_\_\_

I am going to try these studying strategies:

Strategy	How I will make it work (My Plan)

### Test-taking

Do I feel stressed or anxious before, during, or after a test?    Yes            No

When do I begin studying for a test/exam/quiz? *(circle your choice)*

Weeks before                      days before                      hours before                      never

How do I currently study?

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# Learning Styles

## *Strategies for Success*

What works?	What do you want to change?

I am going to try these studying strategies:

Strategy	How I will make it work (My Plan)