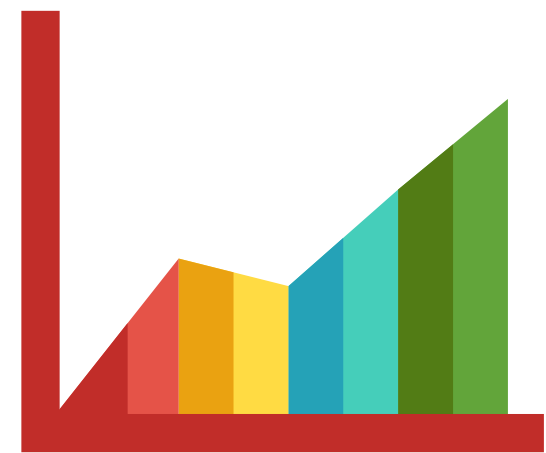


Learning Styles

Visual-Graphic Modality

People who prefer to learn through the use of this modality will tend to:

- Synthesize notes
- Draw out concepts
- Reduce the information into their own words
- Be able to draw out the information from memory
- Use charts, graphs, timetables, symbols, and graphs



Active Studying Tips for Visual-Graphic Learners

- Have a white board in your house – draw out concepts as you are studying
- For every 45 minutes of studying, do a quick check-in to make sure you are understanding the information

Visual-Text Modality

People who prefer to learn through the use of this modality will tend to:

- Apply the SQ4R reading method
- Turn flowcharts or diagrams into words
- Utilize lists and imagine them as multiple-choice questions
- Rewrite ideas and concepts in different words or write out the information by hand

My questions are...

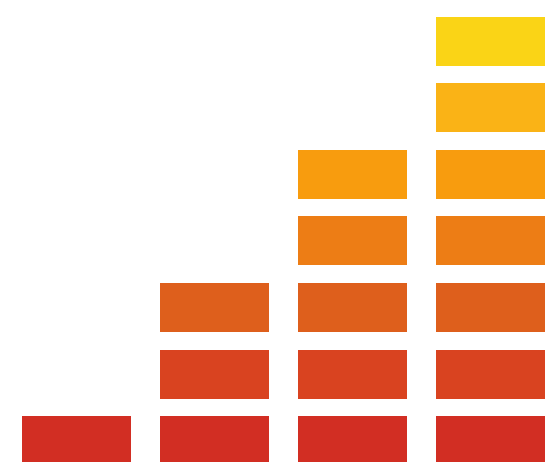
Active Studying Tips for Visual-Text Learners

- Use question banks as a study tool to help you learn the information
- Ask yourself, "how might someone ask me a question on this information?"

Auditory Modality

People who prefer to learn through the use of this modality will tend to:

- Attend class and listen to the lecture
- Do a mini-lecture aloud of the material
- Not take notes during class in order to absorb the material
- Talk through the material with others to ensure comprehension



Active Studying Tips for Auditory Learners

- If you have a roommate, family member, or study buddy, try to explain the concepts to them
- Remember that face-to-face learning opportunities will always be better for you

Kinesthetic Modality

People who prefer to learn through the use of this modality will tend to:

- Use case studies whenever possible
- Create practice questions with materials
- Find real life examples to tie to the material
- Talk through the material with a study partner
- Use as many of your senses as possible while studying



Active Studying Tips for Kinesthetic Learners

- Make sure you do something physically active while studying
- Standing during lecture may keep you more focused than sitting down
- Use an exercise ball for your chair at home to help you with the need to be moving