

Study Techniques for Different Learning Styles

Verbal Linguist:

- ◆ Find ways to incorporate **speaking and writing**
- ◆ Participate in **class discussions/debates**
- ◆ **Read text/notes aloud**, making it dramatic and varied
- ◆ Create **musical jingles** to aid memorization
- ◆ Create **mnemonics** (**Please Excuse My Dear Aunt Sally**)
- ◆ **Discuss** your ideas verbally
- ◆ **Dictate** to someone while they write your thoughts
- ◆ Use **story telling** to demonstrate your point
- ◆ **Tape record** yourself reading text/notes and **listen** to the recording
- ◆ **Rewrite** class notes

Visual Spatial:

- ◆ Use visuals such as **pictures, charts, maps, graphs, etc.**
- ◆ **Have a clear view** of your teachers when they are speaking so you can see their facial expressions and body language
- ◆ Use **color** to highlight important ideas
- ◆ **Take notes** or ask teacher to provide **handouts**
- ◆ Replace words with **pictures**
- ◆ **Illustrate** your ideas as a picture before writing down
- ◆ Use **computers and videos** to "see" your topic
- ◆ Study in a **quiet place** away from verbal disturbances
- ◆ Read **illustrated picture books** about your topic
- ◆ **Visualize** information as a picture to aid memorization
- ◆ Use **flashcards**

Logical Mathematical:

- ◆ Try to understand the **reasons** behind the content you need to learn
- ◆ Create and use **lists to organize, sort, and classify information**
- ◆ **Highlight** important ideas
- ◆ **Review** notes
- ◆ **Rewrite** notes in a more organized format
- ◆ Skim through reading material to **get an idea of the big picture** before reading it in detail

Body Kinesthetic:

- ◆ Take frequent **study breaks**
- ◆ **Move around** to learn new things (e.g. read while on an exercise bike, mold a piece of clay when studying)
- ◆ Work in a **standing position**
- ◆ **Chew gum** while studying
- ◆ Use **bright colors** to highlight reading material
- ◆ If it doesn't distract you, **listen to music**
- ◆ **Skim** through reading material to get a **rough idea** before settling down and reading it in detail
- ◆ Use **flashcards**
- ◆ **Draw diagrams/webs** whenever possible
- ◆ **Rewrite** notes

Musical Rhythmic:

- ◆ Find ways to incorporate **speaking and writing**
- ◆ Participate in **class discussions/debates**

- ◆ **Read text/notes aloud**, making it dramatic and varied
- ◆ **Create musical jingles** to aid memorization
- ◆ Create **mnemonics**
- ◆ **Discuss** your ideas verbally
- ◆ **Dictate** to someone while they write your thoughts
- ◆ Use **story telling** to demonstrate your point
- ◆ **Tape record** yourself reading text/notes and **listen** to the recording
- ◆ Use **rhyme and music** to help memorize content
- ◆ Make **speeches and presentations** including music
- ◆ **Sing** class notes to the **tunes of songs** you know

Intrapersonal:

- ◆ Read text **ahead of time**
- ◆ **Ask questions** to clarify information for yourself
- ◆ Study **alone**
- ◆ Create a **personal interest** for the topic you're learning. Ask "How can I use this?" and "Why does this matter to me?"
- ◆ Keep a **journal** on your thoughts, ideas, questions, or concerns while you are studying. Come back to them and discuss them with others if necessary

Interpersonal:

- ◆ Try to **study with others** whenever possible
- ◆ Study **with classmates**
- ◆ **Take turns quizzing one another** on material
- ◆ **Take turns reading aloud** from the text and sharing ideas
- ◆ **Share** class notes and create a complete set of notes from all individual notes
- ◆ Use **big paper to list important ideas** from text, class, and discussions. Appoint one person as the artist and other members to tell the artist what to write

Naturalistic:

- ◆ Study **outside** whenever practical, but only if it's not distracting
- ◆ Explore subject areas that reflect your **love for nature**. Learning is much easier when you have a passion for it
- ◆ **Take breaks** to do something you love **related to nature** - take a walk or watch your fish or a nature video. Use nature as a **reward** for getting other work done
- ◆ When possible, **relate subject matter to nature**
- ◆ Use **hands-on methods of studying** (i.e. experiments, charts, diagrams, webs, graphic organizers)