

# LEARNING STYLES

UNDERSTANDING YOUR LEARNING STYLE CAN BE A GREAT TOOL WHEN DEVELOPING HEALTHY STUDY HABITS. WE EACH HAVE A MIXTURE OF LEARNING STYLES, BUT MOST OFTEN ONE OF THOSE STYLES IS DOMINANT AND WE NEED TO CAPITALIZE ON THAT!

## TIPS ON HOW TO STUDY

**1**

### Auditory Learners:

- \*Take opportunities to participate in group discussions and study groups to talk through concepts
- \*Study in a place free from auditory distractions
- \*Read your notes and text aloud
- \*Use a recording device in class (if allowed) and/or listen to lectures recorded by your instructor

**2**

### Visual Learners:

- \*Use flashcards, but limit the information on them so you do not feel overwhelmed
- \*Study in a space free from visual distractions
- \*Use contrasting colors when highlighting information
- \*Type up your notes from class or a study session using different Fonts, italics, and bold to emphasize important information

**3**

### Tactile/Kinesthetic Learners:

- \*Stay active while you study by walking back & forth between your notes and textbook
- \*Take plenty of written notes while in class then type them later
- \*Take regular, but short breaks between study sessions
- \*Squeeze a stress ball while studying

TO TAKE A FREE  
"LEARNING STYLES"  
ASSESSMENT, VISIT:  
[HTTPS://WWW.HOW-TO-  
STUDY.COM/LEARNING-  
STYLE-ASSESSMENT/](https://www.how-to-study.com/learning-style-assessment/)