

Total Wellness Program



Learning Styles

A learning style is the process by which a person understands and retains information, thereby gaining knowledge or skills, and students, of course, perceive and manage information differently. Knowing which learning style or styles best describes you allows you to use your strengths as you study and prepare for exams. There are various ways to classify and label learning styles. The VARK system divides learners into four styles: Visual, Kinesthetic, Reading/Writing, and Auditory. Visit <http://www.vark-learn.com/> to learn about the learning styles and to take an on-line questionnaire to discover how you learn best. Below are study tips and strategies tailored to the four learning styles. Keep in mind that students generally need to employ multiple study strategies for optimum learning

Visual

- Take detailed, colorful notes.
- Use lots of colors when you re-write notes, create notecards, highlight texts, etc.
- Doodle diagrams or illustrations of your written information in the margins.
- Make concept maps, illustrations, graphs, tables, charts, etc. of your written material.
- Do the above on a whiteboard, erase, and repeat until you can redraw from memory.
- Make notecards with visual elements.
- Anki is a free, highly customizable flashcard software that's great for visual learners.

Kinesthetic

- Manually write out notes. Copy, underline, and highlight in bright colors.
- Reduce the notes for one lecture into one page or notecard.
- Create charts, tables, graphs, and concept maps from lecture notes.
- Review notecards while walking, at the gym, or moving in some way.
- Spread out notes or notecards on a big table or floor. Rearrange notes, and look for new relationships or patterns. Or shuffle notecards, pull two or three at random, and look for connections.
- Write or draw a story for each concept or linking concepts. Write, erase, redraw on a whiteboard until you can do so from memory.
- Create memory games to reinforce material learned.
- Take practice tests and quizzes.

- Try listening to non-distracting music while studying.
- Study in different places.
- Study with a group or friend and discuss concepts.
- Take frequent study breaks.

Reading/Writing

- Take detailed lecture notes. Write down specific examples and explanations.
- Re-write or type your notes after class. Use colored pens and highlighters to focus on key ideas.
- Write notes to yourself in the margins of written material.
- Rewrite concepts in your own words.
- Summarize graphs, diagrams, and illustrations into words.
- Create a study guide that reduces your notes to a 3:1 ratio.
- Read your notes frequently.
- Write high-yield or hard to remember information on a whiteboard, erase, and re-write until you can do so from memory.
- Post note cards or post-it notes of high-yield or difficult to remember information in visible places around your home.
- Make lists or charts summarizing similarities/differences between concepts.
- Anki is a free, highly customizable flashcard software that's great for reading/writing learners.

Auditory

- Read your notes aloud when studying. Or use a computer or other device to record your notes for frequent listening.
- Create an auditory study guide by summarizing your lecture notes in your own words and recording them. Aim for reducing your notes to a 3:1 ratio.
- Summarize graphs, diagrams, and illustrations into words out loud.
- When taking practice quizzes and tests, read questions, recite answers, and work out problems out loud.
- Work with a study partner or group to review material out loud. Explain notes or concepts to each other.
- Create mnemonics, stories, or songs to help with memorization.
- Dictamus App for iPhone or iPad or Android device allows you to dictate study guides, flashcards, summarize textbook readings, and explain lecture slides.