

How Do I Learn Best?

How do you best learn new things? Do you like to read about things? So you like to learn things by doing them? Scientists know that there are at least 4 common learning styles. Most people are stronger in one style than the other three.

- **Visual Learner** - These learners learn best by seeing information presented in pictures, diagrams, and other types of graphics.
- **Verbal Learner** - These learners learn best when information is presented in written words.
- **Hands-On Learner** - These learners learn best when they use their hands to write or construct something.
- **Auditory Learner** - these learners learn best when they hear the new information or recite it aloud.



Read each question and choose the letter that best describes what you do.

1. When I have a reading assignment, I
 - a. study pictures and diagrams as I read
 - b. read it aloud or have someone read it to me
 - c. follow the text with my finger
 - d. read on my own, silently
2. I remember lessons better when my teacher
 - a. demonstrated the lesson
 - b. discusses the lesson
 - c. makes up a game or activity
 - d. assigns reading

3. I would rather

- a. watch others perform an experiment
- b. listen to a description of the experiment
- c. perform the experiment
- d. read how the experiment is done

4. When learning a new video or board game, I prefer

- a. watching someone else play
- b. having someone tell me how to play
- c. trying out the game and figuring out how to play
- d. reading the instructions

5. The best way for me to learn to spell a new word is to

- a. picture it in my mind
- b. spell it out loud
- c. write it over and over
- d. write it down and look at it frequently

6. I would rather learn about the types of rocks by

- a. looking at pictures and diagrams
- b. watching a movie
- c. building a model rock
- d. reading a book

7. When I study for a test it works best if I

- a. read and picture the information in my head
- b. read or say the ideas out loud
- c. act out the learning
- d. highlight, take notes and make outlines

Identify Your Learning Style

If you circled mostly *a*, your learning style is probably **visual**.
If you circled mostly *b*, your learning style is probably **auditory**.
If you circled mostly *c*, your learning style is probably **hands-on**.
If you circled mostly *d*, your learning style is probably **verbal**.

How to use your Personal Learning Style:

As a student, you often cannot control how new information is presented to you in class.

However, no matter how your teacher presents information, once it has been presented you can use your personal learning style to help you study and learn it.

If you are a **visual** or **verbal** learner:

- write down the facts and concepts you are trying to learn
- read and re-read your notes and other materials
- look at pictures and diagrams illustrating the new information
- look for visual resources to reinforce the learning from class

If you are a **hands-on** learner:

- make or build something (fold paper into a study tool...)
- perform an experiment
- do a demonstration
- act out the new concept
- move around while studying

If you are an **auditory** learner:

- recite the information aloud
- record the information and listen to it
- have someone read the information to you
- create a rhyme, chant, acronym to help you remember the information