Learning Style Adaptations

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How do you learn?

- Learning starts at birth.
- Culture plays a role in how you learn, as does experience.
- The learning styles we cover are visual, auditory, kinesthetic, individual, group, oral-expressive, written-expressive, sequential, and global.
Visual Learner:

- Learns best by seeing how it’s done
- Takes lots of notes, uses workbooks
- Uses flash cards, films, handouts, overhead projectors, etc.
- Uses highlighters to mark textbooks
- Studies better in a quiet place, usually by themselves
- Looks at pictures, illustrations, changes in font, captions, etc.

Visual - continued

- Writes questions from key terms, then writes a summary answer.
- Writes ideas into other words and reconstructs images in different ways
- Sits in the front and watches the speaker’s face and body language
- Draws a picture of math problems, lists what is or is not known & the steps
Visual - continued

- Chooses instructors & classes that use an abundance of visual materials (ex. Films, handouts, notes on the board, graphs, etc.)
- Asks self questions by turning captions into questions
- Anticipates & practices possible questions for essay tests & also practices outlining answers

Auditory Learners:

- Learn best by listening
- Should take lecture courses that emphasize discussion, question-answer periods & oral reports
- Should use study groups to discuss the material and review for tests so that you hear it
- Describe pictures, visuals, & concepts to yourself as you study
**Auditory - continued**

- Rehearse the steps to math problems aloud & explain the steps of the problem
- Review flash cards by reciting them aloud
- Read difficult passages aloud & carry on imaginary conversations with the author
- Create questions from key terms in your notes & recite answers to yourself

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**Auditory - continued**

- Summarize & tape your notes then listen to them while you do other activities that do not require attention
- Tutor other students; this increases your knowledge as you listen to yourself explain to someone else
- Discuss the material with a tutor or your instructor
**Bodily-Kinesthetic Learner:**

- Learn by touching or doing, need action from the body
- Pace as you learn, lecture to yourself
- Study in the question/answer format; shift your body position from side to side
- Study with someone else by discussing, listening, arguing and questioning key points

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**Kinesthetic - continued**

- Keep your study periods short, 25 minutes. Then take a walk, do push-ups, or visit a friend for at least 5 minutes; then continue; do 4-5 small sessions not one big session
- Change subjects and the study activities on a regular basis, then go back later
- Stay active while you read - annotate the book, make questions, mark answers, add examples from your own knowledge
**Kinesthetic - continued**

- Record your notes, then listen to them as you walk, jog, cook, drive, etc.
- Take instructors that emphasize labs, field trips, & experience learning
- Choose a study area that gives you room to move, at least from desk, to bed, to floor, etc.

**Individual Learner:**

- Needs a quiet place to study alone
- Uses computers, tapes, recorders, & VCR’s
- Uses match & flash cards & vocabulary & test question envelopes
- Uses workshops & other learning center approaches
**Group Learner:**

- Encourages openings in groups for all students
- Uses group techniques such as: discussions, panels, & brainstorming
- Provides an open mind to the ideas of others
- Takes classes where instructors use group projects
- Shares ideas with others

**Oral-Expressive:**

- Takes classes that require oral instead of written reports
- Uses panel discussions & debates
- Records thoughts, key terms, test questions, etc. on tape, then listens to them
- Participates in class discussions, lectures, and asks lots of questions
**Written-Expressive:**

- Takes classes that require written reports, essay exams, & journals
- Uses lecture note taking
- Waits 5-10 seconds after a question is asked to provide time to think
- Does creative writing on a subject he or she is having difficulty with

**Sequential Learner:**

- Provides & develops outlines on material
- Creates missing words in stories or descriptions
- Breaks descriptions & stories into small parts
- Uses crossword puzzles, skill exercises, & worksheets to study
Global Learner:

- Before class has a general overview
- Involves fantasy, humor, and emotions when studying
- Uses skimming techniques
- Has drawings, graphs, pictures, & imaginative words in stories or descriptions