



Name _____ Date _____

Audio, Visual, and Kinesthetic Learning Strategies

Below are lists of learning strategies for audio, visual, and kinesthetic learning styles. Although you may have preferences in different areas, consider all the options because using all your senses aids in learning.

Audio

You like to learn by listening. You are good at listening to lectures, audio materials and learning through discussions. You generally understand, comprehend, and remember oral instructions. Here are some auditory learning strategies that you might find useful.

- Before reading, skim through the textbook and look at the major headings. As you are reading, ask questions or say out loud what you think will be important to remember.
- Since you learn by listening, you may not think you need to need to take notes on lectures. However, note taking is needed for review and long-term recall. Focus on writing down the key ideas in your notes and leave spaces to fill in the details. Immediately after the lecture, review your lecture notes to add details you heard in the lecture. To review your notes, read them aloud.
- To prepare for exams, rehearse or say information verbally. For example, while studying math, say the equations out loud.
- Use auditory tools for learning such as lectures, videos, discussions and recordings.
- Work in a quiet area to avoid distractions.
- Make it a priority to attend lectures and participate in discussion sessions. Sit near the front of the classroom so that you can hear clearly. Ask questions in class.
- Discuss what you are learning with other students. Discuss what you are learning with a friend or form a study group where you can discuss what you are learning.
- Participate actively in class discussions.
- Use memory devices, rhymes, poems, rhythms or music to remember what you are studying. For example, turn facts into a rap song or a musical jingle to aid in recall.
- Memorize key concepts by repeating them aloud.
- Read the textbook and any directions for assignments or tests out loud if possible. Hear the words or directions in your mind if you cannot read them aloud.

Visual

You learn best by reading, observing, and seeing things. You remember what you read and see.

- Use color to highlight the important points in the text while reading. Review the important points by looking at the highlighted passages again.
- Take notes and use underlining and highlighting in different colors to highlight the important points. Include flow charts, graphs and pictures in your notes. Make summary sheets or mind maps to summarize or review your notes.
- Use pictures, diagrams, flow charts, maps, graphs, time lines, video and multi-media to aid in learning and prepare for exams. Use flash cards to remember important details and facts.
- Sit in front of the class so you can carefully observe the professor. Copy what is written on the board.
- Organize your work area to avoid visual distractions.
- Create visual reminders to keep on track. Make lists on note pads or use sticky notes as reminders.
- Make a visual image of what you are learning. For example, while reading history, picture in your mind's eye what it would be like to live in that historical period.
- Before answering an essay question, picture the answer in your mind, create a mind map or write a quick outline.
- Use outlines or mind maps to review for exams.
- When learning new or difficult material, begin with visual learning strategies and then reinforce your learning with audio, kinesthetic and tactile learning strategies.
- Practice remembering what you hear for those situations where you cannot get the material or instructions in writing. Using mnemonic memory devices may be helpful in remembering what you hear.

Kinesthetic

You learn better when you are able to move around while learning. You prefer to be active and it is important for you to be actively involved for you to remember. Here are some learning strategies for kinesthetic learners:

- Quickly skim through material before reading it in detail. As you are reading, think about how the material applies to your personal life. Underline the key ideas and review them to enhance recall.
- Writing a journal or make a summary sheet of key ideas to help you to remember what you have read.
- Take notes on lectures. You are more likely to remember what you have written down.
- To prepare for exams, use flashcards to learn detailed information and review them while walking around.
- Move while studying. For example, read while using your exercise bike or stair stepper.
- Use kinesthetic learning experiences such as drama, building, designing, visiting, interviewing and going on field trips.
- Actively participate in discussions to increase motivation and recall.
- Use all of your senses (sight, touch, taste, smell, and hearing) to help you to remember. For example, when studying Spanish, picture yourself speaking the language, use flash cards you can touch to remember the vocabulary, imagine the smell of Mexican food, say the words out loud and listen to recordings of the language.
- Actively participate in classroom exercises to involve yourself in learning and motivate yourself to learn.
- Avoid long classes if possible. For example choose a class that meets one hour on Mondays, Wednesdays and Fridays instead of three hours on Monday.
- If you have a choice on how to do your assignments, do a skit or create a video.
- Look for courses or majors with hands on activities, labs or field trips.
- Take frequent breaks and study in different locations.
- Use a study group to teach the material to someone else.
- Use bright colors to highlight reading material.
- If you find it helpful, listen to music while you are studying.
- Chew gum to stay alert while studying.

Learning Strategies I Will Try Based on *My* Learning Style(s)

Name: _____

Learning style(s): _____

Instructions:

After reading about your learning style(s), write several strategies you will do to improve your learning.

1. _____

2. _____

3. _____

4. _____

5. _____
