



# HOW DO YOU Learn Best?

**Recognizing how you learn best** can be the key to good grades and success in school.

Walking through the halls of your high school, you probably notice a big variety of clothing, shoes and hairstyles. From urban to preppy to hipster, most teens know which styles they prefer. Learning also has different styles.

There are all kinds of ways we learn new information, but most fall into one of the basic "learning styles." Figuring out the way that works best for you can help you improve your study habits and maybe even improve your GPA.

Take this quiz to find out which style suits you best, and then read on for some tips to tailor your study techniques to make the most of your style.

Aside from the cost, which of the following best helps you decide what type of phone to buy?

- a** The design, color and "look" of the phone
- b** Listening to what the salesperson says about the phone
- c** Reading about the phone's features and customer reviews online
- d** Going to a store and trying out the phone for yourself

Which of the following describes your favorite teacher? He ...

- a** Uses charts, diagrams and drawings to explain concepts
- b** Holds a lot of class discussions and lively lectures
- c** Provides helpful handouts and assigns interesting books and readings
- d** Conducts demonstrations and uses hands-on activities in lessons

When you're learning how to play a new video game, you'd rather ...

- a** Look at pictures or diagrams that show how to play the game
- b** Ask your friends to tell you about how the game works
- c** Read the instructions that came with the game
- d** Just start playing the game yourself to figure it out

A friend asks you for directions to a place that you know well. You ...

- a** Show or draw her a map
- b** Tell her the directions
- c** Write down the directions
- d** Offer to go with her

Which letter(s) did you choose most? Match your results with the learning style and study tips that will suit you.

- a VISUAL** You learn by seeing concepts depicted in some way. *Try sketching out diagrams, flowcharts or webs to organize new information.*
- b AUDITORY** You learn by hearing something spoken aloud. *Record yourself reading your notes aloud and play them back.*
- c READING AND WRITING** You prefer learning information in written form. *Re-copy key terms or dates and their descriptions onto flashcards; or use web-based tools such as [quizlet.com](http://quizlet.com) to practice new vocabulary.*
- d KINESTHETIC** You learn by doing, moving and testing things out for yourself. *Role-play, recreate a lab or construct a basic model of what you are trying to learn.*