Learning Styles – Read / Write Learner

Read / Write Learners prefer learning by reading – texts, handouts, directions, manuals – and by writing - lists, notes etc. They often rely on rereading and rewriting new information, organizing ideas into statements, and summarizing illustrations into words.

General Study Tips

- After reading, review notes or underlined material to reinforce learning.
  Rewrite main concepts from lecture notes in your own words.
- Make and use study cards.

Time Management Strategies

- Create daily to-do lists.
- Use a daily planner to write down appointments, due dates and studying schedules.

Listening and Note-taking Strategies

- Because reading is a strength for you, read the corresponding text prior to class as a way of strengthening your understanding of the material.
- Review your notes within 24 hours of each lecture.
- Rewrite your outline, summarize key information in your own words and create questions that focus on the main concepts.
- Reduce lecture notes to main ideas. For every 2-3 pages of lectures notes, create one page of summary notes.

Reading and Study Strategies

- When reviewing charts, graphs or diagrams, write a summary of the information that is being described by the chart, graph or diagram.
- When studying for an exam, use PowerPoint to create flash cards.
- Develop a study guide by writing / typing an outline that summarizes important key concepts.
- At the bottom of each page of notes, write 2-5 bullet points summarizing the material covered on that page.

Memory Strategies

- When studying a process, separate and write out the details for each step.
- Create mnemonic devices by using the first letter of each word to develop a new word or phrase.

Source: College Study The Essential Ingredients, Second Edition by Sally A. Lipsky, 2008. Pearson Education, Upper Saddle River, New Jersey, 07458.

Learning Styles – Kinesthetic Learner

Kinesthetic Learners prefer to learn by doing. In learning situations, they rely on sensory information and prefer physical hands on activities, such as going to labs and manipulating objects / models Kinesthetic learners favor videos, photographs or other medium with real – life scenarios. Additionally, their learning is enhanced with the use of analogies, case studies and examples.

General Study Tips

Get hands on – in lab for example – don't just watch someone else do it. Study in a standing position.

Study while working out or walking. This can be accomplished by making a recording of your lecture notes.

When memorizing a process, write each step down on a separate card and physically rearrange cards to memorize the steps of the process.

When studying for an exam, quiz another student on the material. See who can get the most questions answered correctly.

Time Management Strategies

Create a schedule that varies your activities. During breaks, try to get some type of physical activity. This will help you refocus when you return from your break.

Schedule study slots for differing places, particularly locations that allow you to move about.

Listening and Note-taking Strategies

Be actively involved in all lab opportunities.

If you do not understand a concept that was discussed in lecture, see if the concept can be explained through your lab class.

Add concrete and relevant explanations, examples and case studies within your notes.

After class, summarize your notes by creating study cards with terms and concepts on the front and what they are associated with on the back.

Reading and Study Strategies

Before reading, write several questions that will be answered in the reading material. While reading focus your attention on answering these questions.

Move your fingers across the page as you read. Pace around the room as you read.

Use supplemental materials on companion websites or CDs that provide animated three-dimensional demonstrations.

Memory Strategies

Use your senses when reviewing material. This may include reciting the material aloud, sitting on a yoga ball while reviewing notes, manipulating a stress ball or participate in a study group.

Use blackboards / whiteboards to develop practice test items, and / or make graphic representation of information.

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