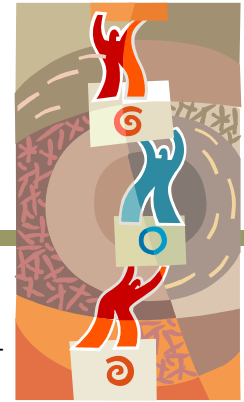


What is Your Learning Style?



Knowing your learning style can help you find the best ways to learn, study and remember course material. People learn in a variety of ways, depending on what it is they're learning, but usually one approach of the three most common learning styles - visual, auditory, and kinesthetic/tactile - dominates or is preferred. The chart below will help you determine your preferred leaning style. Read the word in the left hand column. Answer the questions in the three columns next to it, giving a mark for the most accurate response in one of them. Add up the marks down each column; the one with the most responses is your learning style. See the reverse side for a description of each style and some useful learning strategies.

Learning Style Inventory (from sfu.ewb.ca/documents/vaklearningstyles.pdf)

When you...	Visual	Auditory	Kinesthetic/Tactile
Spell	Do you try to see the word in your mind?	Do you sound the word out or use a phonetic approach?	Do you write the word down to find if it feels right?
Talk	Do you dislike listening for too long? Do you use words such as <i>see, picture, and imagine</i> ?	Do you enjoy listening, and are impatient to talk? Do you use words such as <i>hear, tune, and think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel, touch, and hold</i> ?
Concentrate	Are you distracted by untidiness or movement?	Are you distracted by sounds or noises?	Are you distracted by activity around you?
Meet someone again	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or what you talked about?	Do you remember what you did together?
Contact people on business	Do you prefer direct, face-to-face personal meetings?	Do you prefer to use the telephone to contact people?	Do you talk to them while involved in another activity?
Read	Do you like descriptive scenes or pause to imagine the actions you are reading about?	Do you like dialogue and conversation or actually hear the characters talk?	Do you prefer action stories or do you not like to read much?
Put something together	Do you use the directions and diagrams?	Do you prefer verbal instructions or talking to someone else about it?	Do you ignore the directions and figure it out on your own as you go along?
Need help with a computer application	Do you read instructions, or look at pictures and/or diagrams?	Do you call the help desk, or ask someone else for help?	Do you keep trying to do it or try it out on another computer?
Column totals	/8	/8	/8

Knowing your preferred learning style can help you to

- understand how you learn best
- identify study strategies that would be helpful when learning
- study more efficiently and effectively to save you time
- have greater academic success in your courses

Remember: Regardless of what learning style you prefer, you will always benefit from using a variety of written, oral and tactile methods when trying to learn and remember material for your courses.

Visual learners like to learn through written language and other visual representations of information. They remember best what they can see or visualize in their minds. Best study tips:

- Use visual aides, such as maps, diagrams, or illustrations, and make flashcards of facts and details.
- Color code notes, use flow charts and diagrams, and write out things to remember and review.
- Underline and/or use highlighters for important information in texts and readings.
- Make lists, outlines, and/or mind maps for main ideas and concepts.

Auditory Learners learn best by listening since they remember when they hear things. Best study tips:

- Read textbooks out loud to yourself.
- Put study questions and answers on tape for yourself to listen to over and over again.
- Discuss questions and answers with instructors or other students.
- Tape lectures and record notes to listen to.



Kinesthetic/tactile learners prefer hands-on learning. They remember best when they have a physical activity to do along with learning the information. Best study tips:

- Take notes when listening to lectures, and write important facts and details over and over.
- Make learning active by making models and/or mind maps or creating games and/or puzzles.
- Walk , doodle, or do exercises while trying to memorize.
- Transfer information from notes and texts by typing onto a computer.