

Learning Modality

	<i>In-Class</i>	<i>When Studying</i>	<i>Preparing for Exams</i>
<i>Visual</i>	<ul style="list-style-type: none"> ▪ Underline ▪ Use different colors ▪ Use symbols, charts, arrangements on a page 	<ul style="list-style-type: none"> ▪ Use the “In-Class” ▪ Reconstruct images in different ways ▪ Redraw pages from memory ▪ Replace words with symbols and initials 	<ul style="list-style-type: none"> ▪ Recall the “pictures of the pages” ▪ Draw, use diagrams where appropriate. ▪ Practice turning visuals back into words.
<i>Auditory</i>	<ul style="list-style-type: none"> ▪ Attend lectures and tutorials ▪ Discuss topics with students ▪ Explain new ideas to other people ▪ Use a tape recorder ▪ Describe overheads, pictures, and visuals to somebody not there ▪ Leave space in notes for later recall 	<ul style="list-style-type: none"> ▪ May take poor notes because you prefer to listen ▪ Expand your notes ▪ Put summarized notes on tape and listen ▪ Read summarized notes out loud ▪ Explain notes to another aural person 	<ul style="list-style-type: none"> ▪ Listen to your voices and write them down ▪ Speak your answers ▪ Practice writing answers to old exam questions
<i>Reading/Writing</i>	<ul style="list-style-type: none"> ▪ Use lists and headings ▪ Use dictionaries and definitions ▪ Use handouts and textbooks ▪ Read ▪ Use lecture notes 	<ul style="list-style-type: none"> ▪ Write out the words again and again ▪ Reread notes silently ▪ Rewrite ideas into other words ▪ Organize diagrams into statements 	<ul style="list-style-type: none"> ▪ Practice with multiple-choice questions ▪ Write out lists ▪ Write paragraphs, beginnings, and endings
<i>Kinesthetic</i>	<ul style="list-style-type: none"> ▪ Use all your senses ▪ Got to lab, take field trips ▪ Use trial and error methods ▪ Listen to real-life examples ▪ Use hands-on approach 	<ul style="list-style-type: none"> ▪ May take notes poorly because topics do not seem relevant ▪ Put examples in note summaries ▪ Use pictures and photos to illustrate ▪ Talk about notes with another kinesthetic person 	<ul style="list-style-type: none"> ▪ Write practice answers ▪ Role-play the exam situation in your room