



## Study Skills: Knowing Your Learning Style

What is a learning style? It's how you best learn and retain information! It's your approach to understanding information. You may have one or two *learning styles* (they may even be different for different material!), and everyone has their preferred *learning environment*. The way you learn has an impact on the way you study. If you can leverage your learning style in your studying, you are more likely to remember the information you studied.

	Type	Characteristics	Study Tips
Learning Styles	Visual	Color, images, and pictures	Draw diagrams or mind maps to organize information. Use colors, shapes, and different sizes when taking notes. When reading textbooks, preview what the chapter is about by reading the outline, key terms, and summary. Write information over and over again.
	Aural	Sounds, rhyme, and music	When making memory devices, use ones that rely on rhythm, sounds, and music. Rewrite songs to help you memorize information. Read things aloud. Use music to keep you motivated or relaxed.
	Verbal	Words	Read information aloud. Vary your voice or read every other word. Try reading your information dramatically. Role playing with others to learn verbal exchanges (patient instructions, answering patient questions, etc.) or go back and forth saying information out loud.
	Physical	Movement	Use role-playing to practice skills and behaviors. Associate information with movement and become aware of what your body is doing as you learn. Act out words with gestures. Read with a highlighter to keep your hand moving. Write out information or draw diagrams.
	Logical	Connection	Create lists. Try to understand the reasons behind the information. Use illogical association to remember information. Print out information, cut it up, and put them in order (especially useful with tasks, matching, etc.)
	Learning Environments	Solitary	Alone
Social		Together	Use role-playing with others. Teach others what you are learning. Use someone else to help you develop associations or memory techniques.

## Styles

- Visual—you learn by what you **see**
- Aural—you learn by what you **hear**
- Verbal—you learn by what you **say**
- Physical—you learn by what you **do**
- Logical—you learn by what you **think**

## Environments

- Solitary—you learn best **by yourself**
- Social—you learn best **with other people**

## For example...

If you wanted to memorize the table on the previous page, you could:

- Color-code each type with a different color highlighter. Create a mind map of each type and its suggestions (visual)
- Plug each type into the song Head, Shoulders, Knees, and Toes with movements (aural).
- Rewrite the chart on a separate piece of paper or read the chart out loud (verbal).
- Point to the body part or create a movement for each learning style... eyes for visual, ears for aural, etc. (physical).
- Match the memorization tip with the learning type. Group the types together (logical).

## Determining Your Learning Style

Several quizzes are available online. Several tests are available at [www.whatismylearningstyle.com](http://www.whatismylearningstyle.com) to start.

Some websites define other learning styles or use fewer styles than given here. What is important is that you learn what works for you and implement it in your studying.

Additional resources include:

- <http://vark-learn.com/the-vark-questionnaire/>
- <https://www.schoolonwheels.org/pdfs/3121/Learning-Styles.pdf>
- <https://www.webtools.ncsu.edu/learningstyles/>
- <https://www.howtolearn.com/learning-styles-quiz/>