

STUDY IN STYLE

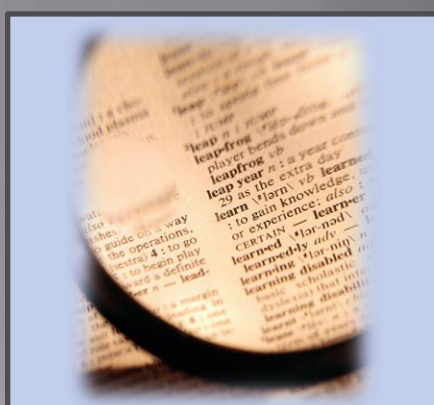
Visual

Take *notes* and highlight key details, make *pictures*, graphs, and charts. Use *flashcards*.

As the teacher lectures, pay attention to *visual aids*:

Sit close to the teacher so that you can *watch* his or her face and *gestures*.

Try to determine if new words have *words you already know* within them. For example, *systematic* has the words *system*, *stem* and *mat* within it.



- Drawings
- Maps
- Graphs
- Charts
- Posters
- Films
- Books

Use *color coding* with pens, *highlighters*, *note cards*, etc. for different categories or concepts.

Use a *plastic cover* and *erasable markers* to *label diagrams over and over*, or to test yourself writing answers to questions.

It is especially important for visual learners to *read and study* in a *well lit, quiet place*.

Record homework assignments in a *planner*, on a *note pad*, or a specially designed assignment sheet.

Imagine pictures of the information you are supposed to remember.



Auditory

Say aloud the information to be learned, or have *someone read* the information to you, or *record yourself* and *replay* it.

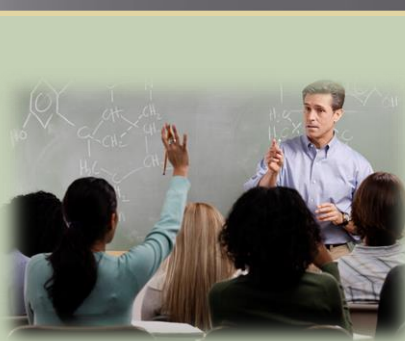
Dictate papers to type later.

When possible, learn through

Brainstorm ideas *with others*.

Form *study groups*.

Sit in the front of the class.



- oral reports
- rhymes and songs
- lectures
- group discussions
- oral questions and answers

Discuss your ideas *orally* whenever possible, even if you're having a conversation with yourself!

Create musical *jingles* or *mnemonics* to aid memorization.

Use a *straight edge* to assist you in *keeping your place* while you are reading or working with *printed materials*.

Learn by *participating* in class *discussions* and *debates*.



Tactile

If you are *distracted* by noise, turn off the radio or wear earplugs to *block out the noise*.

Sit as *close to the teacher* as possible, or sit in the *center* of the room *by quiet students*.

Divide your work into *short study sessions*.

Make *rearranging* items a physical activity (e.g., put information on separate flashcards to *physically* rearrange).

If you want sound, listen to *soft music*.

Move around to learn new things (e.g., read while *walking* or on an exercise bike, mold a piece of *clay* to learn a new concept).

Get a timer. After *20 minutes* or when a task is completed, give yourself a *reward*: a treat, a walk around the block, listening to one song, etc.

When possible, *draw charts* or *diagrams* of *relationships* between things you are learning.



Use a *non-distracting movement* while you learn (e.g., shake foot, chew gum, squeeze something).

Study with a friend or *group*.

When studying, *use your senses*. See, hear, touch, and *do* as much as possible.

