

## ***Characteristics of Auditory Learners***

<b>(hearing) 30% of learners</b>	
<b>Remember what they hear.</b>	<b>Remember by listening, especially music.</b>
<b>Talk while they write.</b>	<b>Distracted by noise.</b>
<b>Need phonics.</b>	<b>Write lightly and not always legibly.</b>
<b>May be a sophisticated speaker.</b>	<b>Remember names, but forgets faces.</b>
<b>Eyes move down and to the right when they are listening to others.</b>	<b>Games and pictures are annoying and distracting.</b>
<b>May seem to be listening to something inside themselves, rather than to the person they are communicating with.</b>	<b>Often, information written down will have little meaning until it has also been heard.</b>

## ***Study Tips for Auditory Learners***

<b>Explain the material you are trying to learn to a study partner.</b>	<b>Make up and repeat rhymes to remember facts, dates, names, etc.</b>
<b>Read explanations out loud. Be sure to go over all important facts out loud.</b>	<b>Find audio tapes that review the information you are trying to learn.</b>
<b>Make up songs to go along with subject matter. The crazier the better.</b>	<b>Join or create a study group, or get a study partner.</b>
<b>Say words in syllables.</b>	<b>Use mnemonics and word links.</b>
<b>Record lectures and review these tapes while you drive.</b>	<b>When learning new information, state the problem out loud. Reason through solutions out loud.</b>

## ***Characteristics of Tactile/Kinesthetic Learners***

<b>(actively doing) 30% of learners</b>	
<b>Remember what was done, not what was seen or talked about.</b>	<b>May have had or are having difficulty learning to read.</b>
<b>Don't hear things well.</b>	<b>Love games.</b>
<b>Touch and movement are important.</b>	<b>Impulsive.</b>
<b>Not avid readers.</b>	<b>Likes to dress comfortably.</b>
<b>Attack things physically (fight, hit, pound).</b>	<b>May unconsciously touch people a lot.</b>
<b>Learn by imitation and practice.</b>	<b>May appear slow if information is not presented in their style.</b>
<b>Touches things to get a sense of them.</b>	<b>May be athletic, likes swimming, cooking, running, eating, sailing, dancing, working out, massages.</b>
<b>Likes to talk about feelings.</b>	

## ***Study Tips for Tactile/Kinesthetic Learners***

<b>Hold the book in your hand while reading. (As opposed to laying it on a table).</b>	<b>Use rhythm (beats) to memorize or explain information.</b>
<b>Write while you are reading or talking.</b>	<b>Stand up when giving explanations.</b>
<b>Sit near the front of the classroom and take notes. This will help keep you focused.</b>	<b>Record class lectures. Listen to them while walking or exercising.</b>
<b>Spend extra time in any labs offered.</b>	<b>Use gestures when giving explanations.</b>
<b>Practice breathing slowly.</b>	<b>Use role playing with a study partner.</b>
<b>Write with fingers in sand.</b>	<b>Associate feelings with information.</b>
<b>Write lists repeatedly.</b>	<b>Participate in any field trips offered.</b>
<b>Exaggerate lip movements in front of a mirror.</b>	<b>Use hands on experience when possible.</b>
<b>Use a computer to reinforce learning by using the sense of touch.</b>	<b>Make flashcards for each step in the procedure. Put the cards in order until the sequence becomes automatic.</b>

## ***Characteristics of Visual Learners***

<b>(seeing or writing) 40% of learners</b>	
<b>Remember what was read or seen.</b>	<b>Vivid imaginations.</b>
<b>Don't retain what they hear for very long.</b>	<b>Use color.</b>
<b>Facial expressions show their emotions.</b>	<b>May be avid readers.</b>
<b>May think in pictures or may think in words.</b>	<b>Will be unhappy with a presentation if they are unable to take detailed notes.</b>
<b>Information may not exist for them if it is not seen or written down.</b>	<b>Sensitive to the ways things look or appear.</b>
<b>Like written reports better than verbal ones.</b>	<b>In the habit of making lists for everything.</b>
<b>Remember faces, but not names.</b>	

## ***Study Tips for Visual Learners***

<b>Take notes while listening to lectures.</b>	<b>Use illustrations to remember content.</b>
<b>Use color-coded highlighting.</b>	<b>Use guided imagery.</b>
<b>Use graph paper to create charts and diagrams that demonstrate key points.</b>	<b>Use visual analogies to associate information</b>
<b>Actively review any photographs or diagrams in your textbook.</b>	<b>Organize material and create graphs, tables, charts, and spreadsheets.</b>
<b>Use visual metaphors to associate information.</b>	<b>Review videotapes specific to the content you are studying.</b>
<b>Write out explanations.</b>	<b>Organize your material. The more you organize your notes and study material, the easier it will be for you to remember content.</b>
<b>Make and use flashcards for studying. The act of writing the cards and viewing them will increase comprehension.</b>	

# Learning Styles

Learning Styles are the manner in which people's brains learn and store information. Some people learn by seeing (Visual); some people learn by hearing (Auditory); some people learn by doing (Tactile/Kinesthetic). During childhood, each person advances through various stages of each style. However, each person is born with tendencies toward one main style. There is no right or wrong style. Each one has advantages and disadvantages.

Unfortunately, we do not always have information presented in the style most conducive to our learning. To determine your learning style, fill out the included learning styles inventory. As you learn more about your preferred learning style, you can enhance your own learning and communication skills, as well as passing on specific tips and strategies to your tutees.

You can also help the tutee to offset the problems that a particular learning style may present if the tutee is one learning style and you (or the tutee's professor) are a different learning style.

In this session, we will first review the UCLA workshop presentation on Learning Styles and then some additional tips are included.

## Learning Styles Inventory

Complete the following inventory by reading each statement carefully. Check YES if the statement relates to you all or most of the time. Check NO if the statement seldom or never relates to you. There is no in-between, so you must check YES or NO. Your first, quick response to the question is usually the best response to use.

YES	NO	
_____	_____	1. I like to listen and discuss work with a partner.
_____	_____	2. I could likely learn or review information effectively by hearing my own voice on tape.
_____	_____	3. I prefer to learn something new by reading about it.
_____	_____	4. I often write down directions someone gives so I do not forget them.
_____	_____	5. I enjoy physical sports and exercise.
_____	_____	6. I learn best when I can see new information in picture or diagram form.
_____	_____	7. I am easily able to visualize or picture things in my mind.
_____	_____	8. I learn best when someone talks or explains something to me.
_____	_____	9. I usually write things down so that I can look back at them later.
_____	_____	10. I am aware of the rhythm or the individual syllables of multisyllabic words when I hear them in conversations or music.
_____	_____	11. I have a good memory for the words and melodies of old songs.
_____	_____	12. I like to participate in small-group discussions.
_____	_____	13. I often remember the sizes, shapes, and colors of objects when they are no longer in sight.
_____	_____	14. I often repeat out loud verbal direction that someone gives me.
_____	_____	15. I enjoy working with my hands.
_____	_____	16. I can remember the faces of actors, settings, and other visual details of movies that I have seen.
_____	_____	17. I often use my hands and body movements when explaining something to someone else.
_____	_____	18. I prefer standing up and working on a chalkboard or flip chart to sitting down and working on paper.
_____	_____	19. I often seem to learn better if I can get up and move around while I study.
_____	_____	20. I would need pictures or diagrams to help me with each step of the process to assemble something, such as a bike.

**YES**      **NO**

- |       |       |   |
|-------|-------|---|
| _____ | _____ | 21. I remember objects better when I have touched them or worked with them.     |
| _____ | _____ | 22. I learn best by watching someone else first.                                |
| _____ | _____ | 23. I tap my fingers on my hands a lot while I am seated                        |
| _____ | _____ | 24. I speak a foreign language.   |
| _____ | _____ | 25. I enjoy buildings things.   |
| _____ | _____ | 26. I can follow the plot of a story on the radio.                              |
| _____ | _____ | 27. I enjoy repairing things at home.   |
| _____ | _____ | 28. I can understand information when I hear it on tape.                        |
| _____ | _____ | 29. I am good at using machines or tools.                                       |
| _____ | _____ | 30. I find sitting still for very long difficult.                               |
| _____ | _____ | 31. I enjoy acting or doing pantomimes.   |
| _____ | _____ | 32. I can easily see patterns in designs.                                       |
| _____ | _____ | 33. I need frequent breaks to move around.                                      |
| _____ | _____ | 34. I like to recite or write poetry.   |
| _____ | _____ | 35. I can usually understand people with different accents.                     |
| _____ | _____ | 36. I can hear many different pitches or melodies in music.                     |
| _____ | _____ | 37. I like to dance and create new movements or steps.                          |
| _____ | _____ | 38. I enjoy activities that require physical coordination.                      |
| _____ | _____ | 39. I follow written directions better than oral ones.                          |
| _____ | _____ | 40. I can easily recognize differences between similar sounds.                  |
| _____ | _____ | 41. I like to create or use jingles/rhymes to learn things.                     |
| _____ | _____ | 42. I wish more classes had hands-on experiences.                               |
| _____ | _____ | 43. I can quickly tell if two geometric shapes are identical.                   |
| _____ | _____ | 44. The things I remember best are the things I have seen in print or pictures. |
| _____ | _____ | 45. I follow oral directions better than written ones.                          |

- \_\_\_\_\_ 46. I could learn the names of fifteen medical instruments more easily if I could touch and examine.
- \_\_\_\_\_ 47. I often need to say things aloud to myself to remember them later.
- \_\_\_\_\_ 48. I can look at a shape and copy it directly on paper.
- \_\_\_\_\_ 49. I can usually read a map without difficulty.
- \_\_\_\_\_ 50. I can “hear” a person’s exact words and tone of voice days after he or she has spoken to me.
- \_\_\_\_\_ 51. I remember directions best when someone gives me landmarks, such as specific buildings and trees.
- \_\_\_\_\_ 52. I have a good eye for colors and color combinations.

### Scoring Your Profile

1. Ignore the NO answers. Work only with the questions that have a YES answer.
2. For every YES answer, look at the number of the question. Find the number in the following chart and circle that number.
3. When you finish, not all of the numbers in the following boxes will be circled. Your answers will very likely not match anyone else's.
4. Count the number of circles for the Visual column and write the total at the bottom. Do the same for the Auditory and Kinesthetic columns.

Visual	Auditory	Kinesthetic
3, 4, 6, 7, 9, 13, 16, 20, 22, 32, 39, 43, 44, 48, 49, 51, 52, 54	1, 2, 8, 10, 11, 12, 14, 24, 26, 28, 34, 35, 36, 40, 41, 45, 47, 50	5, 15, 17, 18, 19, 21, 23, 25, 27, 29, 30, 31, 33, 37, 38, 42, 46, 53
<b>Total:</b>	<b>Total:</b>	<b>Total:</b>

### Analyzing Your Scores

1. The highest score indicates your preference. The lowest score indicates your weakest modality.
2. If your two highest scores are the same or very close, both of these modalities may be your preference.
3. If all three of your scores are identical, you have truly integrated all three modalities and can work equally well in any.
4. For all modalities with obviously low scores, consider possible reasons for these scores.