

Multi-Modal Learners

- Use a **combination** of various study habits mentioned in the previous slides
- Some need to have the same material presented in several of their modes in order to really learn it
- Others can effectively learn using any single one of their multiple preferences

Examples:

- *May write things out, but also prefer to use color and diagrams*
- *May want to move around, work at a standing desk, but be fairly isolated when studying*
- *Might prefer quiet or want to listen to non-distracting music*

Still having trouble? Set up an appointment for 1-on-1 coaching with our academic success coaches through MyPLAN!

**First-Year Experience
& Transition Programs**
Love Library South 127
Phone: (402) 472-1880
success.unl.edu

Kinesthetic Learners

Does this sound like you?...

- Speak with hands and with gestures
- Remember what was done, but have difficulty recalling what was said or seen
- Find reasons to tinker or move when bored
- Rely on what they can directly experience or perform
- Enjoy field trips and tasks that involve manipulating materials

Study Tips:

- Draw charts or diagrams of relationships
- Trace letters and words to learn spelling and to remember facts
- Take frequent study breaks
- Write everything out
- Move around to learn new things or use a non-distracting movement while you learn (tap a pencil, chew gum or shake foot)
- Listen to non-distracting music
- Chew a different flavor of gum with each subject you study
- Study while walking or working out



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First-Year Experience & Transition Programs

From the FYE & TP Academic
Success Workshop Series:

Learning Styles



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Why are learning styles important?

- Can help you understand how you best learn and then you can tailor your study time to maximize your strengths.
- As a future employee, consider a position that incorporates your preferences. When working with others, you will be aware that others learn differently.

Learning style is just your preference for how you like to learn. You might have more than one preference for learning styles which is called **multi-modal**. The types of learning styles are below:

Visual
Aural/Auditory
Read/Write
Kinesthetic

Find out your style here:

<http://vark-learn.com/the-vark-questionnaire/>

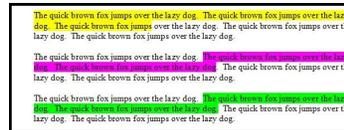
Visual Learners

Does this sound like you?...

- Often close their eyes to visualize or remember something
- Find something to watch if they are bored
- Like to see what they are learning
- Are attracted to written or spoken language rich in imagery

Study Tips:

- Draw pictures in notes
- Benefit from illustrations & presentations that use **color**
- Use diagrams, mind-maps, underlining, graphs
- Study in a visually appealing place



Example of highlighting text

Auditory Learners

Does this sound like you?...

- Sit where they can hear, but don't need to pay attention to what is happening in front
- Hum or talk to themselves or others when bored
- Remember by verbalizing lessons to themselves and reading aloud



Study Tips:

- Study in groups, talk things out
- Record lectures, tutoring, study groups
- Reduce lecture notes to main ideas
- Read texts out loud
- Explain ideas to other people
- Recite, recite, recite
- Create musical jingles or mnemonics



Reading/Writing Learners

Does this sound like you?...

- Take numerous detailed notes
- Tend to sit in the front
- Usually neat & clean/organized notes
- Like to see what they are learning
- Prefer stimuli to be isolated from auditory and kinesthetic distraction
- Find passive surroundings ideal for a study environment

Study Tips:

- Take lecture notes
- Underline, highlight, or circle printed material
- Borrow others' notes to compare
- Use a variety of colors, pens, highlighters, note cards, etc.
- Write it out
- Make and use flashcards for studying

