

The

VISUAL

LEARNER

Characteristics

1

Sees to learn

You learn by seeing things. You like to take in information by reading and/or through diagrams and pictures.

2

Likes images

You prefer to see rather than listen. Colour, diagrams and pictures help you stay interested.

3

Takes notes

You usually take detailed notes in lectures, tutorials and meetings.

4

Looks around

You tend to start looking around for something to watch or look at when you lose interest.

5

Struggles with ...

You can find spoken directions hard to remember and you are easily distracted by noise.

Learning Tips

1

Watch

You will take in spoken information better if it is accompanied with visual aids. Video is a great learning tool for you.

2

Visualise

Try to visualise things that you hear. This will help you remember them better.

3

Write it down

Write down key words, ideas or instructions, particularly if they are only being given orally.

4

Draw

Consider using drawings, mind maps and flow charts to help explain and remember new concepts.

5

Colour

Use colour. Colour code, highlight, circle and underline words in your notes.



The **AUDITORY**

LEARNER

Characteristics

1 Hears to learn

You learn by actively hearing and listening. You are likely to be good at remembering conversations and the words to songs.

2 Likes listening

You prefer to listen to instructions rather than read them and you may not take notes. You like music.

3 Good talker

You are likely to be good at talking slowly and explaining things to people. You may be good at presenting.

4 Chatterbox

You tend to start chatting when you lose interest in what's being taught and may have been told off for talking at school.

5 Struggles with ...

You get very distracted by noise and may read slowly. You may find complicated diagrams difficult to interpret.

Learning Tips

Watch 1

You will take in information better if it is accompanied with audio. Video is a great learning tool for you.

Say 2

Try reading out loud the information you want to take in.

Repeat 3

To remember facts, try repeating or chanting them with your eyes shut.

Discuss 4

Talking through new concepts and ideas with a group and attending Q&A sessions will be productive learning activities for you.

Avoid noise 5

If you are trying to learn, find somewhere that is quiet and away from other people.



The TACTILE LEARNER

Characteristics

1 Moves to learn

Also known as a kinaesthetic learner, you learn by touching and doing. You favour physical movement and are probably good at sport.

2 Likes hands-on

You prefer to move, build, touch and draw, rather than listen or watch. You like to try something for yourself.

3 Does to remember

You remember things best when you have done them yourself, for example cooking a meal or fixing an engine.

4 Gets fidgety

You tend to start fidgeting when you've had to sit still for too long or when something is getting boring.

5 Struggles with ...

You may suffer from a short attention span and can find it difficult to sit still.

Learning Tips

Examples

Training that uses examples and case studies to explain concepts will be easier for you remember.

Discuss

Try discussing what you have learned with someone. This can help you remember things better.

Get active

You will take information in better if it is accompanied with activity. Try active learning, like role plays and problem solving.

Move

Move while you study. Tap a pencil (if appropriate), squeeze a ball, shake a foot. This can help to keep you focused. Typing can also help reinforce learning.

Take breaks

Don't attempt marathon study sessions. You work better in short, frequent bursts. Do something physical in your breaks.



The READ WRITE

LEARNER

Characteristics

1 Studies to learn

You learn by reading and writing and fit well into the traditional style of learning by using books and writing notes.

2 Likes to read

You prefer to read or write down something to learn it. You like essay questions and books and will look words up in dictionaries.

3 Big on notes

You are likely to take loads of notes in meetings, at presentations and in class. This helps you to remember what is being said.

4 Perfect student?

You tend to stay interested in traditional style presentations or classes, except if you don't have a pen and paper! Then you struggle to take it all in and get distracted.

5 Struggles with ...

You tend not to learn well through diagrams. You may also find disorganised presentations hard to follow.

Learning Tips

1 Read

Obviously! You will take in information better if you read it yourself. Hold on to your handouts and notes.

2 Take notes

This is so important for you as the act of writing notes makes you remember. Always carry a pen and paper and write everything down.

3 Re-write

Once you've taken notes, re-write them. This repetition is the best way to get information to stay in your brain.

4 Use your words

When re-writing your notes, try to put things in your own words. This will help you remember concepts and facts better.

5 Translate

If you are struggling with a diagram, try adding notes to explain it or even translating it into your own words.

