

Suggestions for Visual Learners



Use videos and documentaries for research

Draw graphs and charts when taking notes

Draw pictures in your notes of important topics and ideas - lab slides, maps, etc.

Make picture flash cards of vocabulary words, science formulae, dates and names, fictional characters, etc.

Try mapping your notes

Use 2, 3, or 4 color highlighting - one color for facts, another for generalizations, a third for quotes, etc.

Visualize what you read or hear in lectures. Picture or draw what you're reading.

Suggestions for Auditory Learners



Listen to books or lectures on tape

Tape yourself reading or reciting things you want to remember

Read out loud

Teach yourself out loud

Repeat over and over what you want to remember...Try this while falling asleep!

Try rhyming. Make poems and rhymes to help you remember facts, dates, names, etc.

Make associations you can hear - voices of characters, animal sounds, and machine noises.

Suggestions for Kinesthetic Learners

When possible, break information into steps; like a systematic process:
Step#1 - Step#2 - Step#3

Type your notes or put them on a computer

Exercise while studying - run in place, stretch, walk, etc.

Pace and teach yourself like a hyper-nutty professor

Make a puzzle by tracing maps and put the puzzle together

Take notes on your reading - in the margin or on separate paper - write while you read

Build or draw what you are learning about - a model of the heart, a tortoise, or the castle in Hamlet