Learning About Learning

Most people have a daily routine that they use when they get up in the morning. Close your eyes and try to make a movie in your mind that shows you going through your daily routine. Answer the following questions after you have viewed your movie.

Was the picture clear?

What colors did you see?

Name several details other than yourself that were in your movie.

Think back to the last conversation you had on the phone with a friend and then answer these questions.

Can you remember word for word a complete sentence spoken by your friend? If so, write it below:

Can you concentrate and “hear” your friend's voice, the actual tone and quality of her/his voice?

As you tried to remember the conversation, did you find yourself looking to the right or left to remember sounds?

If you looked in any direction at all, in which direction did you look?

Work with a partner to solve the following problem. As you search for the solution, pay attention to the strategy you are using to come up with your answer.

A parent and child are standing together on the sidewalk. They both start walking at the same time. Each person begins their first step with the right foot. The child must take three steps for every two steps the parent takes. How many steps must the child take until they both land again on the same foot (either the right or the left)?

Did they finish on the left foot or the right foot?

Explain how you figured this out.
Characteristics of Visual Learners

Visual learners learn and remember best by seeing information.

Information presented in pictures, charts, or diagrams is easily remembered.

Visual learners have strong visualization skills. They can look up (often to the left) and “see” the information invisibly written or drawn.

When reading they can make “mental movies” of the information which are often vivid and detailed.

Visual-spatial skills for assessing sizes, shapes, textures, angles, and 3-dimensional depths are strong.

Visual learners often pay close attention to the body language of others (facial expressions, eyes, stance, etc.)

They have a keen awareness of aesthetics, the beauty of the physical environment, visual media, or art.

**Strategies**

Convert information into visual study tools.

Add pictures to as many study tools as possible.

Use colors when you make your own study tools.

Copy and write information you are learning so that you see it in your own writing.

Use nonverbal clues by instructors to provide you with important information.

Always write down important information or directions.

Characteristics of Auditory Learners

Auditory learners learn and remember best by hearing information.

Auditory learners can remember quite accurately details of information they hear during conversations or lectures.

They have strong language skills which include a well-developed vocabulary and an appreciation for words.

Their strong language skills often lead to strong oral communications skills. They can carry on interesting conversations and can articulate their ideas clearly.

Because of a “fine-tuned ear,” auditory learners may find learning a foreign language to be relatively easy.

Auditory learners often have musical talents. They can hear tones, rhythms, and individual notes with their strong auditory skills.

**Strategies**

Talk out loud and recite regularly.

Tape information.

Add rhythms or tunes to your learning.

Learn to use appropriate computerized technology.

Characteristics of Kinesthetic Learners

Kinesthetic learners learn and remember best by using large and small body movements and hands on experiences.

Kinesthetic learners often wiggle, tap their feet, or move their legs when they sit.

Kinesthetic learners were often labeled “hyperactive” as children.

Because they learn through movement, kinesthetic learners often do well as performers; athletes, actors, or dancers.

Kinesthetic learners work well with their hands. They may be good at repairing things, sculpting, art, or working with tools.

Kinesthetic learners are often well-coordinated and have a strong sense of timing and body movement.

**Strategies**

Use your hands and your fine motor skills.

Use exaggerated movement for emphasis and expression.

Type or use a word processor.

Pace as you study.

Make larger-sized study tools.

Learn by doing.

Use drama or dance for emphasis and expression.