Study Strategies for Each Learning Preference

Learning preferences are the way in which a person learns. While one preference is not better than another, knowing what your preference is will help you to study smarter and learn better. You may find that you have more than one learning preference. Or, you may find that you have different preferences for different subjects.

Check out these learning preferences and see which one or ones apply to you. Then use the suggested tips to help you improve your study skills.

Visual Learners

Visual learners learn by watching. If you are a visual learner, focus on using study tools that allow you to see your information, such as the following:

- Watch a video about what you’re studying.
- Read the information.
- Highlight the information.
- Write notes.
- Draw graphs, charts, and diagrams.
- Use pictures.
- Color-code your notes.
- Use symbols in your notes.
- Draw boxes and circles around key information.
- Use graphic organizers.

Auditory Learners

Auditory learners learn by listening. If you are an auditory learner, focus on using study tools that allow you to hear your information, such as the following:

- Listen to speeches.
- Talk with other students about what you are studying.
- Recite facts out loud.
- Read aloud.
- Study in quiet places so you won’t be distracted by noises.
- When you read silently to yourself, “hear” your voice speaking the words in your mind.
- Study with a partner. Read aloud to each other, quiz each other, and discuss key concepts together.
- Record yourself saying key notes and then listen to the notes to help you memorize and study.
- Use rhymes to help you memorize.
**Tactile Learners**

Tactile learners learn by touching or doing. If you are a tactile learner, focus on using study tools that allow you to use hands or body to learn, such as the following:

- Walk around while studying.
- Move one body part, like jiggling your leg, while you read or study.
- If your text involves technical instructions or a step-by-step process, then physically work through the steps in order to absorb them.
- Build 3-D examples.
- Perform skits.
- Give speeches.
- Play with a small object, like a stress ball, in one hand while you take notes with the other.
- Do something physical before you sit down to study.
- Move your hand while you study: highlight, underline, take notes, or use your fingers to keep track of where you are when you read.
- Take regular breaks, get up, and move around.
- Talk with your hands. When you are rehearsing, memorizing, or explaining facts to yourself, move your hands like you would when you’re talking to another person.

Practice using these tips to see which work best for you in different subjects.