Tip of the week

LEARNING STYLES

Students learn/retain information in different ways. Use the VARK model to help identify your preference for learning. Once you know your learning style, you can maximize your study time and be more efficient with your learning.

VISUAL: LEARN BY SEEING & LOOKING
- Color code your notes with highlighters.
- Create flashcards for key information.
- Put sticky notes around your house and notebooks.
- Make things into graphics, pictures, or charts whenever possible.

AUDITORY: LEARN BY HEARING & LISTENING
- Read aloud your textbooks and notes.
- Engage in group discussions about information.
- Listen to tape recorded lectures.
- Listen to soft wordless music while studying.

READ-WRITE: LEARN BY READING & WRITING
- Rewrite notes' read/review them everyday.
- Rewrite ideas and principles into other words.
- Organize diagrams/graphs into statements.
- Write lists; arrange words into hierarchies and bullet points.

KINESTHETIC: LEARN BY DOING & TOUCHING
- Take frequent breaks when studying.
- Take notes throughout lectures to remain active.
- Include symbols and pictures on your flashcards.
- Watch online videos related to new information to comprehend/retain.