

## Learning Styles

















### Tips to Improve Learning, Focus and Communication

We take in and store information in a way that suits us best. Consider for a moment being lost. If you stopped to ask someone how to get to your destination how you would best remember the information they gave you.

- a) If they just verbally gave you instructions
- b) Drew a map for you
- c) Either went with you or described where to go mentioning some key places that you can empathise with e.g. a restaurant, antique shop, or a pub.

You will probably find that one or two of these ways works better than the others and the same is true for all those we communicate with.

### ***Tips for Visual Learners***

-  Write down information
-  Use coloured pens and coloured, unlined paper
-  Have a clear view of people when they are speaking so you can see their body language and facial expressions
-  Use colour to emphasise or highlight important points in text
-  Take detailed notes – use mind maps and other techniques that have visual impact to take notes, take on board new information, study and help memorise
-  Use handouts
-  Use post-it notes dotted around to help remember things
-  Use visual materials such as pictures, charts, maps, tables and graphs
-  Use multi-media such as computers or videos
-  Watch a demonstration or video on how to do something before starting
-  Use association techniques e.g. Be D.E.A.R. to yourself – Diet Exercise Attitude Rest
-  Work in a quiet place, away from verbal disturbances
-  Visualise information as a picture and make mental films to aid memorising and learning
-  Participate actively – this will keep you involved and alert
-  When taking on board new information or memorising material – write it in different ways and use different colours
-  Keep note pad and pen handy so you can write down good ideas

### ***Tips for Auditory Learners***

- LISTEN well
- Think aloud and talk to yourself
- Participate in discussions and debates
- Ask, ask and ask again to help you clarify and understand
- Make speeches and presentations
- Read text out loud – especially when proofreading or when tired
- Create musical jingles, rhymes and mnemonics to aid memorisation
- Record lectures or information you find difficult to help you understand
- Discuss your ideas verbally with a friend or small group
- Have someone ask you questions if you are studying for a test or exam or trying to solve a problem
- Use verbal analogies and storytelling to illustrate a point
- Recite information to better learn material
- Sit near the side or back of the workspace where there is less visual stimulation
- Have background music on whilst you work

### ***Tips for Kinaesthetic Learners***

- Be comfortable when working
- Take study / written work breaks and move around every 15-20 mins, and vary your activities
- Make learning / working more physical – work standing-up, walk about as you memorise or reflect on new information, chew gum, pace whilst memorising, read whilst on an exercise bike, squeeze Blue Tack (or similar) whilst listening, watching or concentrating
- Roll up your sleeves and get involved. Kinaesthetic people learn from their actions and their mistakes.
- Volunteer for demonstrations and role-play
- Use bright colours to highlight reading material
- Decorate your work-space with posters and colour
- Play music in the background whilst you work
- When reading, first skim through the whole things to get a feel for what it's about, then read the chapter carefully
- Put information on post-it notes to allow you to manoeuvre it about until it makes sense.
- Use spatial note-taking techniques, such as mind mapping
- Visualise complex projects from start to finish before beginning to allow you to keep the big picture in mind.