Strategies for Using Your Learning Style Strength

VISUAL LEARNER

The Visual learner listens best by seeing, visualizing, drawing, diagramming, etc. In other words, you "know something by seeing it."

REMEMBER: Good study habits are important for everyone, regardless of their preference.

These include:
- highlighting and study cards for textbook information,
- good lecture notes with a 'recall' column,
- frequent review,
- keeping up with assignments, etc.

"SEE IT to LEARN IT"

TEXT:
- As you read, highlight the important points – using different colors.
- Make study cards – using lots of color, symbols, and pictures for memory.
- Get a mental image as you read – see the information, picture the page.

LECTURES:
- Sit up from to see the lecturer’s expressions
- As you listen, VISUALIZE what is being said.
- Take notes – use the ‘recall’ column for review, add colors, symbols,
- etc.
- Read – Review – Visualize your notes frequently.
- If you have a learning disability, tape lectures to fill in the gaps later – add color symbols and pictures.

STUDYING:
- READ it – WRITE it – PICTURE it.
- Draw diagrams, illustrations, make charts.
- Learn and use Cognitive or Mind mapping techniques.
- View videotapes and slides when possible.
- VISUALIZE
- Write the procedures, steps, rules on cards and have them in front of you as you use them.

GENERAL:
- Take classes that rely on TEXT for information.

http://www.ugresearchsci.ucla.edu/progpeers.htm