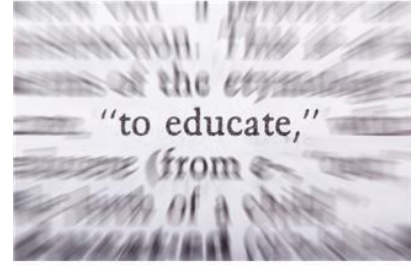


Learning Styles



Primary Source: Kanar, C. C. (2008). Student Achievement Series: The Confident Student, 6th Ed. Houghton Mifflin Company: New York.

Preferred Learning Styles

Visual Learners prefer to learn by reading or watching.

Auditory Learners like to learn by listening.

Tactile/Kinesthetic Learners learn by doing, by touching or manipulating objects, or by using their hands.

- One's learning style preference affects how you go about completing a new task.
- Because instructors' teaching styles and methods differ, you must be flexible enough to adapt to whatever instructional mode is being used.
- The most successful learners are those who take control of the learning situation by adapting to different modes of instruction.

Your Body's Reactions

When you are in a classroom or somewhere studying, lighting, temperature, or the comfort of the furniture may or may not affect your ability to focus and get your work done. If your body does react strongly to these and other influences such as hunger, tiredness, or mild illness, then you may lose concentration.

- You should take care of these physiological needs before attempting to complete a task that requires your full attention.
- If possible, schedule classes during the time of day when you usually feel most alert and energetic.

- You may have limited control over your classroom environment, but you can set up a study environment that is most comfortable for you.
- Determining your physiological preferences is one way to use your learning style to create the conditions under which you will stay most alert.

Your Preferred Learning Environment

- The learning environment involves more than simply where the class actually meets. An important part of the learning environment is the way in which the class is structured.
- Some students prefer traditional, teacher-centered classrooms. Others prefer a student-centered environment and still others prefer individualized instruction.
- Much of the time it will be necessary for you to adapt to the learning environment of a particular class or instructor. However, understanding your preferences will allow you to select classes in which you will be most comfortable when you do have a choice.

Helpful Web Sites

<http://www.learning-styles-online.com/overview/>

<http://www.youtube.com/watch?v=ooqvgcY5VKU>