

Learning Approaches

Use the learning approach that best fits what you are doing.

	During Class	When Studying	During Exams
Visual <i>using pictures, charts, diagrams, graphs, etc. to learn information</i>	<ul style="list-style-type: none">Underline important points.Highlight key information in different colors.Use symbols, charts, and graphs.	<ul style="list-style-type: none">Underline and highlight important thoughts in notes and text.Summarize with images and concept maps.	<ul style="list-style-type: none">Recall key pictures.Draw concept maps and diagrams.Write out formulas.
Auditory <i>hearing information</i>	<ul style="list-style-type: none">Attend lectures, discussion, and tutorials.Record the lecture, listen to it later while adding to your notes.	<ul style="list-style-type: none">Discuss the material with your study group.Summarize notes, then read aloud.Record the information, then listen to it.	<ul style="list-style-type: none">Talk through the question quietly to yourself.
Read/Write <i>reading or writing about information</i>	<ul style="list-style-type: none">Create lists and headings.Take complete lecture notes.Record lectures, listen later, then add missing information.	<ul style="list-style-type: none">Identify key words.Read and summarize notes and old exams.Answer review questions from the book or other resources.	<ul style="list-style-type: none">Do a brain dump to use as a reference during the exam (formulas, key words, important facts etc.).
Kinesthetic <i>moving, touching, or hands-on activities to learn information</i>	<ul style="list-style-type: none">Listen, pay attention to visual cues, write, and quietly tap your foot or move.Participate in labs and field trips to learn through doing.	<ul style="list-style-type: none">Stand, move, or walk.Be active (draw, match, role-play, build, etc.).Create mnemonic devices.	<ul style="list-style-type: none">Recall active methods used & information learned.Stretch or move.Use mnemonic devices.