



STEP 1: DISCOVER YOUR LEARNING PREFERENCES

This section is all about HOW you study and strategies to try to maximize your learning. Take the learning style quiz at <http://vark-learn.com/the-vark-questionnaire/> and review the strategies that fit each style:

V

Visual

Prefers graphics, charts, diagrams to show relationships among ideas

- Re-write your notes and include diagrams, charts, and other visual ways to show concepts and ideas
- Write key words/facts
- Draw pictures or diagrams to explain concepts and timelines to remember dates

A

Auditory

Prefers learning information that is heard or spoken and prefer to talk through ideas and concept

- Focus on listening to the professor; ask permission if you can record the lecture
- If you recorded your lecture, replay it and quiz yourself aloud on the material
- Study in groups and explain concepts to “teach” your peers
- Record yourself explaining concepts or reading the textbook and then play it back

R

Reading/Writing

Prefers learning through reading and writing actual words

- Use SQ4R and the Cornell note-taking system to combine information across lectures and readings (use our SQ4R and College Classroom 101 worksheets for more information)
- Re-write your notes and reread them, then quiz yourself by making your own practice tests
- As you listen, turn notes into categories or lists
- Read presentations and take notes simultaneously

K

Kinesthetic

Prefers hands-on learning that is physical or connected to real-life examples

- Use notecards
- Write out your questions and quiz yourself
- Find ways to be active during breaks or as you study
- Create mnemonic devices to remember information
- In group work, teach others about the content
- Write down examples for each concept



Your Learning Style



SUCCESS
STARTS
HERE



STEP 2: TAKE ADVANTAGE OF YOUR LEARNING STYLE

There are 4 parts to your learning style. You already looked at your learning preference (for how you prefer to make sense of new knowledge). Now, take advantage of your level of focus, preference to receive new information, and way of applying new knowledge.

In the section below, highlight what seems most like you as a college student.

Talk with your Student Success Coach about individualized strategies to be successful!

FOCUS

Do you zone in to the class lecture and have an easy time being focused OR do you zone out, get easily distracted by your environment, or daydream?

Easily Focused: You may get frustrated if the professor strays from the main point, or if you don't feel challenged by the content. Set a goal for each class for how you plan to stay engaged.

-OR-

Easily Distracted: Ask yourself: *what causes this distraction?* and try your best to eliminate it. Sit in the front row and keep your phone and computer off and away.

RECEIVING INFORMATION

What class format do you like best?

If you prefer Lectures: Stay engaged in other class types by setting an intention for what you hope to accomplish and using resources (text book, handouts, webpages) to assist your learning.

If you prefer Group Discussions: Stay engaged in other class types by actively taking notes (writing down questions and conversations you'd like to have). Go to office hours and study in a group!

If you prefer Independent Learning: Stay engaged in other class types by preparing for class on your own. In class, take notes on how what you learned on your own compares to the lecture or group setting.

APPLY & REMEMBER

When processing what you've learned and applying it, do you think about it big-picture OR do you focus on the step-by-step details?

Big-Picture Learner: You may get frustrated if you don't understand why what you are learning matters. Take note of why the concept you are learning matters; write down questions you have if you aren't sure how this connects to the big picture.

-OR-

Detailed Learner: You may get frustrated if specific details aren't given or if you learn them out of order. Take note of the steps involved and include notes on specific details you learn in class. Make a note if information is missing so that you can fill it in later when studying.

