

## What type of learner are you?

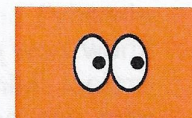
### 1. Auditory Learner (learn by hearing/listening)

- Try studying with a friend so you can talk aloud about the work
- Say aloud the things you want to remember
- Before reading a chapter, look at all the pictures and headings then talk out loud and say what you think the chapter is about. Read out loud whenever possible
- Make recordings of notes or lessons and listen to them to revise



### 2. Visual Learner (learn by seeing/looking)

- Write things down because you remember them better
- Look at a person while they are talking to help you focus
- It's better to work in a quiet place
- You are better studying on your own
- Use colour to highlight main ideas in your work
- Choose a seat furthest from the window and door if possible
- When learning vocabulary use colour to learn them. Look at them frequently.



### 3. Kinaesthetic Learner (learn by doing/moving)

- To remember work, pace or walk around while saying the words aloud
- If you need to fidget in class, cross your legs or move your foot slightly off the floor
- You may not study best at a desk, so when at home and studying try lying on the floor on your stomach or back. If you are writing ensure you are at a desk.
- Try studying with music in the background
- When studying take frequent breaks
- When trying to memorise, try closing our eyes and writing the information in the air.

