



ATTENTION PTA 100 STUDENTS

Brown

Bag

Lunch

Session

on

Learning

Styles

Thursday, July 14, 2016
12:20—12:50 pm

In CTE Room 151

(Computer Lab by the snack bar)

Presented by Brenna Young
Health Professions Navigator

Learn about the following learning styles:

Bring your lunch!

- Visual
- Auditory
- Tactile/Kinesthetic

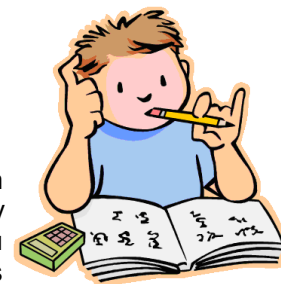
Will have attendance prizes!



*"Tell me and I forget.
Teach me and I remember.
Involve me and I learn."
~ Ben Franklin*

3 Learning Styles

Are you a visual, auditory, or kinesthetic learner?



In order to do well on an exam, you spend hours, days or even months studying. This preparation can be more effective if you know **your personal learning style**. Your learning style is simply the way you learn best. It is as unique as you are. Understanding your learning style can help you remember information more easily, solve problems more effectively, and understand concepts more naturally.

According to scientists, the only way to bring information into your brain is through your senses. When you encounter new information, you may see it, hear it, touch it, taste it, or smell it. These are the main intake styles in human experience.

As a result, there are several learning style modalities, which focus on three main categories: *visual*, *auditory*, and *kinesthetic*. *Visual* refers to learning by seeing and watching; *auditory* refers to learning by hearing; *kinesthetic* refers to learning by doing, touching, and interacting.

Visual Learners

Visual learners need to see something in order to learn best. If you fall into this category, you will benefit from the following activities: copying from the board, writing and rewriting notes, highlighting key information in the textbook, making mind maps, using flashcards, and watching videos. You can also learn easily from graphics, posters, charts, maps, and photographs.

Auditory Learners

Auditory learners need to hear something in order to learn well. If you fall into this group, doing the following will help you learn more easily: pay attention in class, make recordings of learning material, repeat facts with your eyes closed, ask questions, explain the subject matter to another student, record lectures, participate in group discussions, and study in a quiet environment. Auditory learners like to listen to audio books, lectures, debates, and music.

Kinesthetic Learners

Kinesthetic learners need to touch or experience something in order to remember it. If you fall into this classification, you may have faced greater challenges in the academic environment. Most formal learning is not set up to include physical movement and activities. Nevertheless, if this is your strength, you could benefit from the following activities: making models, visiting museums, giving a demonstration, participating in a simulation, and studying on the floor, bed or any place that feels comfortable. You can also relate to physical activities, direct involvement, hands-on activities, displays, demonstrations, and experiments.

We all utilize the three types of learning modalities, and possess strengths corresponding with the visual, auditory, and kinesthetic learning styles. However, students who are auditory and visual do best in an academic environment. Kinesthetic learners, who prefer to move around, touch and interact with materials, find it hardest to succeed in a traditional classroom, where students are required to sit still for hours at a time.

Knowing your dominant learning style will enable you to improve your academic performance in many ways. You can learn faster and more effectively by applying the techniques suited to your learning style. You can create activities at home to help you remember more, no matter how good or bad your teacher is, and no matter how well or poorly the information was transmitted to you in class. By taking control of your learning, you also take responsibility for the results you achieve. You stop blaming other people or situations and start doing what you need to do in order to get the highest score possible on your quizzes, tests, and exams.

<http://www.goodluckexams.com/3-learning-styles>

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