Learning styles can help you understand how you learn best and help you tailor your study time to maximize your strengths. Your learning style is simply your preference for how you like to learn. You might have more than one preference for learning styles which is called multi-modal.

### Study Tips for Learning Styles

**Visual**
- Draw pictures in your notes
- Benefit from illustrations & presentations that use color
- Use diagrams, mind-maps, underlining, graphs, etc.
- Study in a visually appealing place

**Auditory**
- Study in groups, talk things out
- Record lectures, tutoring, study groups
- Reduce lecture notes to main ideas
- Read texts out loud
- Explain ideas to other people
- Recite, recite, recite
- Create musical jingles or mnemonics

**Read/Write**
- Take notes during lecture
- Underline, highlight, or circle printed material
- Borrow other students’ notes to compare and contrast
- Use a variety of colors, pens, highlighters, note cards, etc.
- Write it out
- Make and use flashcards for studying

**Kinesthetic**
- Trace letters and words to learn spelling, facts
- Take several breaks
- Write everything out
- Move around to learn new things
- Use a non-distracting movement while you learn (tap pencil, chew gum, shake foot)
- Listen to non-distracting music
- Study while walking or working out

**Multi-Modal**

Successful students use a combination of various study habits mentioned above. Some students need to have the same material presented in several of the styles/modes in order to really learn it. Others can effectively learn using any single one of their multiple preferences.

- Write things out but also use color and diagrams
- Move around, work at a standing desk, study in a fairly isolated space

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Need additional help or more information?
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