



# What's Your Learning Style?

Improve your study strategies based on your learning style. Here are some techniques to enhance your learning based on the 4 VARK styles:



## Visual


- Organize notes with maps, diagrams and pictures.
- **Color code** - use highlighters & post-it notes.
- Make flashcards with pictures for tests.
- Look for patterns in notes and create a flowchart or graph to describe it.

## Auditory

- Read your notes out loud.
- Discuss material with a partner or study groups.
- Explain your study material to another person.
- Make voice memos on your phone.
- Listen to podcasts.



## Reading/Writing


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- Read handouts.
  - Take short notes during lectures.
  - Visit the library to read more about topics.
  - Use flashcards to review and read notes.
  - Make lists of all your tasks.

## Kinesthetic

- Study in short periods of time- use Pomodoro method.
- Walk or move around while reviewing notes.
- Attend your labs and workshops.
- Add your own examples to notes and concepts.
- Take practice tests.



## Multi-Modal Learners

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- Most people fit into this category.
  - Use a combination of the learning techniques listed above that best suit your study style.

With awareness and preparation, you can study better, more effectively and with more confidence

## Campus Resources

- For more help with time management & study techniques, reach out to the [Drahmann Center](#).
- Other helpful academic resources include the [Tutoring Center](#), the [Math Learning Center](#), the [HUB Writing Center](#) and the [Career Center](#).

