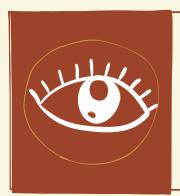




Improve your study strategies based on your learning style. Here are some techniques to enhance your learning based on the 4 VARK styles:



#### 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

- 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 <u>Pomodoro method</u>.
- 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

- 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 <u>Drahmann Center</u>.
- Other helpful academic resources include the <u>Tutoring</u>
  <u>Center</u>, the <u>Math Learning Center</u>, the <u>HUB Writing</u>
  <u>Center</u> and the <u>Career Center</u>.



