**Visual Study Strategies**

*You want the whole picture so you are probably holistic rather than reductionist in your approach. You are often swayed by the look of an object. You are interested in color and layout and design, and you know where you are. You are probably going to draw something.*

**INTAKE – during class:**

* For notes, use varied colors, highlighters, & underlining techniques.
* If possible, associate parts of your notes with pictures and diagrams.
* Make good use of symbols and white space.
* To memorize new vocabulary, visualize its spelling.
* As you are taking notes, associate the content with mental pictures.

**SWOT (Study without tears) – suggestions for a learnable package:**

* Convert your lecture notes into a learnable package by reducing them (3:1) into page pictures.
* Turn tables into graphs. Draw pictures to show ideas.
* Read the words and convert them into diagrams.
* Redraw your newly-designed pages from memory.
* Replace the words with symbols, pictures or initials.
* Look at your pages. Remember their shape and format and color.
* Use concept maps to organize information.
* When solving math problems, draw a series of boxes, each containing the appropriate piece of information in sequence.

**OUTPUT – to perform well on any test or assignment:**

* Practice turning your visuals back into words.
* Write out/illustrate steps as a checklist to keep on task.
* Recall the “pictures” made by your study pages.
* Draw things to help you visualize answers.
* Use diagrams to help you answer questions in the form needed.

**(Do an Internet search on VARK for more information.)**

**Aural Study Strategies**

*You would prefer to have this entire page explained to you. The written words are not as valuable as those you hear. You will probably go and tell somebody about this technique.*

**INTAKE – during/after class:**

* Listen actively to lectures. Ask questions to help your learning.
* Discuss the content with others.
* Discuss the content with the teacher.
* Explain the new ideas to other people.
* Remember the interesting examples, stories, jokes, etc.
* Describe the overheads, pictures and other visuals to somebody.
* Leave spaces in your notes for later recall and “filling”.

**SWOT (Study without tears) – suggestions for a learnable package:**

* Convert lecture notes (into a learnable package) by reducing them (3:1).
* Your notes may be poor because you prefer to listen. You may need to expand your notes by discussing/collecting notes from others.
* Record your summarized notes and listen to them.
* Make up rhymes or songs to remember facts/steps/words.
* Word association may help. Mnemonic devices are a great way to help remember facts.
* Study in a quiet area. Be aware of how easily distracted you are by sound.
* Read your summarized notes aloud or explain your notes to others.

**OUTPUT – to perform well on any test or assignment:**

* Imagine somebody speaking the questions to you and answer in your head while you write things down.
* Wear ear plugs during an exam to avoid auditory distractions.
* Practice writing answers to old exam questions.
* Speak your answers aloud or inside your head.

**(Do an Internet search on VARK for more information.)**

**Kinesthetic Study Strategies**

*You want to experience the exam so that you can understand it. The ideas on this page are only valuable if they sound practical, real, and relevant to you. You need to do things to understand.*

**INTAKE – during/after class:**

* Leave space in your notes for real-life examples of content.
* As you are taking notes, use all your senses to relate to the content.
* Leave space in your notes for applications of the content.
* Leave space in your notes for step-by-step solutions, and imagine yourself walking through this process.

**SWOT (Study without tears) – suggestions for a learnable package:**

* Convert your notes (into a learnable package) by reducing them (3:1).
* Your lecture notes may be poor because the topics were not concrete or relevant to you.
* You will remember the “real” things that happened.
* Use rhythm or beats to memorize or explain information.
* Stand up and move around while explaining notes to yourself.
* Associate gestures with certain concepts.
* Make flashcards for each step in the procedure. Put the cards in order until the sequence becomes automatic.
* Put plenty of examples into your summary.
* Talk about your notes with another “K” person.
* Use pictures that illustrate an idea.

**OUTPUT – to perform well on any test or assignment:**

* Write practice answers, paragraphs.
* Role play the exam situation.
* Visualize potential questions, and physically act out the answer in a way that makes sense to you.

**(Do an Internet search on VARK for more information.)**

**Read/Write Study Strategies**

*You like this page because the emphasis is on words and lists. You believe the meanings are within the words, so any talk is okay, but this handout is better.*

**INTAKE – during class:**

* Take notes verbatim.
* Leave space if necessary on your notes to create lists that enhance the content.
* Make use of headings and bullets for comprehension.
* If there are handouts or a textbook, read those thoroughly.

**SWOT (Study without tears) – suggestions for a learnable package:**

* Convert your lecture notes into a learnable package by reducing them (3:1).
* Write out the words again and again.
* Read your notes (silently) again and again.
* Practice and think through rewriting your notes in your own words. This will drill the information into your memory.
* Study by yourself to avoid distraction.
* Rewrite the ideas and principles into other words.
* Organize any diagrams, graphs, … into statements.
* Turn diagrams, charts, … into words.

**OUTPUT – to perform well on any test or assignment:**

* Write exam answers.
* Write paragraphs, beginnings and endings.
* Write your information into lists.
* Arrange your words into hierarchies and points.

**(Do an Internet search on VARK for more information.)**