

What's Your Learning Style?

Understanding your preferred learning style will help you study more efficiently and effectively. You can determine your learning style by taking the Quick-Start Learning Styles Inventory below.

Quick-Start Learning Styles Inventory

QUESTION 1: Preferred Learning Modality

When learning new information, are you a/an:

Visual Learner

because you like to read your textbook or other course-related material.

Auditory Learner

because you like to listen to a lecture or have someone explain it to you.

Active Learner

because you like to learn by constructing a model, solving problems, etc.



QUESTION 2: Individual or Group Work

When studying, you prefer to:

Work alone.

Work in small groups.

QUESTION 3: Examples or Big Picture

When introduced to new information, do you prefer to:

Examine the big picture or main idea before considering specific examples.

Think about examples that then lead to the big picture or main idea.

Verbal Communication

Visual Learners

Read the textbook before class.

Highlight lecture notes after class.

Add reading notes, summary sheets, arrows, diagrams.

Auditory Learners

Skim the textbook before class; then follow up after class with more in-depth reading.

Study lecture and reading notes by “talking” through the information or by discussing the material with a study group or tutor.

Active Learners

Work with a study group to develop summary/ review sheets when preparing for an exam.

Underline and take marginal notes when reading

Individual Study or Small Group Work

While you may prefer working alone, participating in a small group project or forming a study group has certain advantages.

Small Groups Can:

- Help you master difficult material.
- Motivate you to study when you feel frustrated with a course.
- Divide up the work of preparing review sheets for exams.
- Prepare you for collaborative work that you'll do in your professional career.

Big Picture or Examples

Professors use their preferred learning style when presenting course material. If you're having difficulty understanding a professor's lectures, it may be that your learning style doesn't match the professor's style. For instance, you may be expecting the big picture in a lecture while your professor introduces new material through examples.



Want to know more about making the most of your learning style? Schedule an individual consultation with a staff member in Academic Resources.