Understanding Learning Styles
What are learning styles?

- Different approaches or ways of learning.
- The way individuals gather, sift through, interpret, organize, come to conclusions about, and “store” information for further use.
- There are well over 70 different learning styles systems. (Coffield, 2004)

How do you learn?

• Describe how you learn.
  • What are your favorite learning activities?
  • Do you prefer to work in groups or individually?
  • When introduced to new information, do you prefer to examine the main concept before considering examples or do you prefer to think about examples that then lead to the main concept?

• Why is it important to think about and discuss learning styles and learning contexts?
Common learning style categories (VARK)

Visual
- Visual learners prefer the use of images, maps, and graphic organizers to access and understand new information.

Auditory
- Auditory learners best understand new content through listening and speaking in situations such as lectures and group discussions. Aural learners use repetition as a study technique and benefit from the use of mnemonic devices.

Read & Write
- Students with a strong reading/writing preference learn best through words. These students may present themselves as copies note takers or avid readers, and are able to translate abstract concepts into words and essays.

Kinesthetic (Active)
- Students who are kinesthetic learners best understand information through tactile representations of information. These students are hands-on learners and learn best through figuring things out by hand.

http://teach.com/what/teachers-teach/learning-styles
Strategies for preferred learning styles

In your groups, develop a list of learning activities that would be helpful to students with the preferred learning style your group has been assigned.
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<tr>
<th>Visual</th>
<th>Auditory</th>
<th>Read/Write</th>
<th>Active</th>
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</thead>
<tbody>
<tr>
<td>Color code information</td>
<td>Study lecture and reading notes by ‘talking” through the information or by discussing the material with a study group or tutor</td>
<td>Write, write, and rewrite your words and notes.</td>
<td>Underline and take marginal notes when reading</td>
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<tr>
<td>Utilize graphic organizers such as charts, graphs, and diagrams</td>
<td>Create mnemonic devices to help you recall information</td>
<td>Reword main ideas and principles to gain a deeper understanding.</td>
<td>Physical activity while studying</td>
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<td>Redraw your pages from memory</td>
<td>Study lecture and reading notes by ‘talking” through the information or by discussing the material with a study group or tutor</td>
<td>Organize diagrams, charts, and graphic organizers into statements.</td>
<td>Use real life examples, applications and case studies in your summary to help with abstract concepts.</td>
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<td>Replace important words with symbols or initials</td>
<td>Study lecture and reading notes by ‘talking” through the information or by discussing the material with a study group or tutor</td>
<td></td>
<td>Redo lab experiments or projects.</td>
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<td>Highlight important key terms in corresponding colors</td>
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Individual Study vs. Small Group Study

• Advantages of participating in small group or forming a study group:
  • 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.
  • Share strengths and strengthen weaknesses.
  • Diversify study routine. Studying alone in a residence hall or in the library can be boring and non-productive. Can give you a different perspective of course material and provide a more active study environment that can result in MORE TIME ON TASK!
Learning: A Collaborative Process

Tell them. (Receive)

Get them to tell each other. (Process)

Get them to tell you. (Demonstrate)

Retention Rates

- Lecture: 5%
- Reading: 10%
- Audiovisual: 20%
- Demonstration: 30%
- Discussion: 50%
- Practice by Doing: 75%
- Teach Others: 90%
Study locations

• Study where you can be productive and alert.

• Considered reduced distraction locations.

• Where do you prefer to study?

• Why does this location fit your approach to studying?
Applying your learning style

• Considering our discussions on learning styles and learning contexts, what are some study activities you would like to begin using or continue using in your learning process and why?
Want more advice? Schedule an Individual Consultation with an ESS Staff Member!

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