# INDIVIDUALIZED STUDY STRATEGIES

<table>
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<tr>
<th>THE SKILLS</th>
<th>VISUAL LEARNER (Learn best by seeing)</th>
<th>AUDITORY LEARNER (Learn best by hearing)</th>
<th>KINESTHETIC LEARNER (Learn best by doing)</th>
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</table>
| **Note Taking** | - Sit in the front of the room  
- Sit away from windows or other distractions  
- Ask for graphs & drawings to help remember main concepts  
- Reword notes into charts and graphs | - Sit close to the speaker  
- Repeat important points quietly  
- Listen for specific information. (Don’t let note taking interfere with listening)  
- Listen for key words  
- Use a voice recorder when appropriate. Listen to the recording and update notes immediately after each class  
- Participate in class discussions | - Keep moving! Move around during lecture as much as the situation allows; tap your foot, move your head, write, and even stand up if the situation permits  
- Raise your hand and volunteer to answer questions frequently  
- Take copious notes  
- Recopy notes and vocabulary  
- Participate in class discussions |
| **Reading** | - Survey by looking at visual aids (pictures, graphs, and charts) before you read a chapter  
- As you read, make a visual map of key headings and concepts  
- Make charts of difficult concepts | - Survey by reading chapter headings and asking survey questions out loud  
- Try reading difficult sections out loud  
- Summarize out loud immediately after reading a paragraph or section | - Survey by writing preview questions and answers. Write as you review  
- Use workbooks and computers to learn material whenever possible  
- Try to write a summary immediately after reading a difficult paragraph or section |
| **Exam Preparation** | - Use visual images to remember main points  
- Use flashcards  
- Check library for visual aids pertaining to your subject matter  
- Avoid visual distractions while you study like TV, people, scenery, etc. | - Read important material from notes or reading out loud  
- Record and listen to vocabulary for each day’s lesson  
- Talk about what you have learned. Participate in study groups. Give oral presentations  
- Turn off TV, phone, and music while studying | - Memorize key words and concepts by learning to fingerspell them  
- Seek experiences that will teach you main concepts: labs, discussions, field work, etc.  
- Use the equipment, tools, models, etc. of a subject area as frequently as possible  
- Seek fieldwork, lab work, and cooperative learning experiences that allow you to become physically involved in an area of study  
- Walk or stand while studying  
- Squeeze a soft ball or stretch a rubber band while studying  
- Build a model |
| **Test Taking** | - Request written instructions  
- Sit in the front of the room and away from visual distractions like windows and doors  
- Try to “picture” the answer in your head  
- Recreate any relevant tables or diagrams | - Listen carefully to any verbal instructions or request that instructions be read out loud  
- Repeat instructions (quietly) to yourself. (Note: check this out ahead of time with your instructor) | - Position yourself where you have plenty of room to move  
- To aid recall during your exam, try to feel yourself doing a lab procedure or other experience that is relevant to the question  
- Squeeze a soft ball or stretch a rubber band while test taking |