Many students are unaware of their learning sensory preferences and use study strategies that are not best suited for them. By understanding your sensory preference, you can develop better study strategies and begin to use your learning strengths. Using these methods will help you learn and study more effectively. To discover your sensory preference, take the online VARK assessment at: www.vark-learn.com. To take your learning to another level of productivity, check out the STUDY CYCLE, TIME MANAGEMENT, and METACOGNITION.

**Visual Learners:** Visual learners prefer seeing what they are learning. Utilizing pictures, images, graphs, and colors will help a student learn better than an explanation or just reading text.

Try adding meaningful symbols, colors, and graphics to notes to provide visual cues. Try using a dry-erase board when studying and making concept maps.

**Aural/Listener:** Auditory learners prefer spoken messages. Some auditory learners need to hear their own voices to process information but other auditory learners can process hearing other people’s voices.

Try converting your class notes into audio tapes or taping your lectures. Leave blank spots in your recordings to add your own thoughts to the notes you received from class. Auditory learners can benefit from productive study groups and engaging in discussions about what they are learning.

**Kinesthetic/Interactive:** Kinesthetic people learn by doing but also learn more effectively by simply incorporating movement and activity into their studying and learning.

Where there are opportunities, kinesthetic learners can get hands on (labs, projects, etc) but when studying from a text book, kinesthetic learners can move and interact with their environment. These students can pace while they read, sit while reading notes and then get up and outline the notes on a whiteboard, or pretend to be a professor and teach a friend topics on a study guide. Moving around, interacting with different materials, and “acting things out” all are beneficial to kinesthetic learners.

**Reading and Writing:** Most college courses and traditional western educational systems use simple reading and writing as the dominant form of learning. Reading formal text and writing linear, outlined notes are the best strategies for these learners.

Reading and Writing learners can use the skills they teach most students in high school. By reading all assigned texts and by taking outlined formed notes, these learners will be able to retain information very effectively.