**Strategy**

**Understanding How You Learn Best**

People learn using three different learning modalities. A learning modality can be either visual (seeing), auditory (hearing) or kinesthetic (touching or moving). While you may use any one or all of these modalities at certain times, most of us use one modality more often than others. That modality is part of your **preferred learning styles.**

**DIRECTIONS:** To figure out your preferred learning style, pretend that you have to learn 20 new words and their meanings for a big test. How would you tackle this job? (Check any statements that describe you—you can have none or more than one in any category).

 1. I would prefer to:

 \_\_\_\_\_\_\_\_\_\_\_ read the words and definitions over and over again

 \_\_\_\_\_\_\_\_\_\_\_close my eyes and “see” them in my mind.

 \_\_\_\_\_\_\_\_\_\_\_look at pictures that portray the words and their meanings

*If these are the ways you like to learn new material, you may learn best by seeing, and you are probably a visual learner.*



 *2. I would prefer to:*

 *\_\_\_\_\_\_\_\_\_recite the words and definition to myself over and over*

 *\_\_\_\_\_\_\_\_\_\_have the words and meanings taped and then listen to them.*

 *\_\_\_\_\_\_\_\_\_discuss the meanings with someone*

 *\_\_\_\_\_\_\_\_\_\_ listen to the teacher’s explanations and recall them later*

*If these are the ways you like to learn new information, you may learn best by*

*hearing, and you are probably an auditory learner.*

 *3. I would prefer to:*

 *\_\_\_\_\_\_\_\_write the words and definition*

 *\_\_\_\_\_\_\_\_draw pictures that remind me of the meaning*

 *\_\_\_\_\_\_\_\_move around as I concentrate*

 *If these are the ways you like to learn new information, you may learn best*

 *By feeling and moving, and you are probably a kinesthetic learner*

*4. Think of other examples which show whether you prefer an auditory, visual, or kinesthetic learning style and write them below.*

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*If you checked off some preferences in each modality, it means that you use more than one modality to learn. Many people are like you and combine what they see with what they hear and write. Use your best learning style whenever you want to be at your most efficient for learning.*