

# Learning Style & Studying

Understanding your learning style helps you determine HOW you should study

## Types of learners:

**Visual** – learn by seeing – notes, reading, worked out on the board

- Like to watch TV, videos, YouTube

**Auditory** – learn by hearing – hearing over and over is necessary for learning, taping the lecture, repeating material over and over, verbal quizzing

- Ear phones, music

**Physical** – learn by hands on – labs, projects, create study material, handle the material

- Gamers, building or creating

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Determine your learning style and then design your study sessions in your preferred style!! There are many online quizzes for determining a learning style and tips for studying within your dominate style. Try one of the following:

<https://www.how-to-study.com/learning-style-assessment/>

<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>

