

# SUGGESTIONS FOR VISUAL LEARNERS

---

Visual learners understand and retain information best when they read or see it. They sometimes have more difficulty learning from lectures. If you tend to be a visual learner, try some of these suggestions.

- Write down quotes, lists, etc.
- Look at speakers while they are talking to stay focused.
- Work in a quiet place.
- Study both by yourself and in study groups.
- Take a lot of notes, and leave extra space to add missed details.
- Copy over your notes. Rewriting helps recall.

- Use color to highlight main ideas in your notes, textbooks, handouts, etc
- Write notes in the margins of your textbooks, documenting questions, etc.
- Before reading an assignment, set a specific study goal, and write it down. Post it in front of you. Example, “From 7:00 to 7:30, I will read the first chapter.”
- Preview a chapter before reading it by first looking at all the pictures, section headings etc.
- Sit toward the front of the class, if possible.
- Write vocabulary words on index cards with short definitions on the back. Look through them frequently, write out the definitions again, and check yourself.

