

Jan 29th

Western's  
Weekly  
Workshops

Library  
During  
Flex

## The One About Learning Styles

This week's workshop will focus on learning styles. Students will take quizzes to discover which type of learner they are, and then learn specific strategies that they can use effectively both in the classroom and in life based off those results!

Wednesday the 29th • During Flex

• Sign up with your Flex Teacher or your Counselor •

# The One About Learning Styles

**WHS Counseling Department**

# Why are we talking about this today?

Of course everyone has lots of different ways they like to learn. They might like to learn history through listening to podcasts, but science through taking part in experiments



# Quiz 1



## Quiz 2



# Discussion

1. What are your thoughts on your results? Accurate? Not?
2. Current research
3. Where do we go from here (handout and activity)

Let Us Know Before You Go



Class: \_\_\_\_\_

Class: \_\_\_\_\_

Class: \_\_\_\_\_

Class: \_\_\_\_\_

Class: \_\_\_\_\_

Class: \_\_\_\_\_

## Visual

Take notes even when you've been given handouts or printed course notes.

Use or make your own charts, maps, notes and flashcards and practice visualizing or picturing words and concepts in your head.

Write everything down for frequent and quick visual reference

Create outlines for each textbook chapter you cover in class.

Make color-coded flashcards for material you need to remember.

Develop your own diagrams, flowcharts, maps or timelines when appropriate. For example, you might create a timeline when preparing for a history exam or a flowchart if you are trying to learn a scientific process.

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."

## Auditory

Read your assignments and study materials aloud—even if you feel a little silly at first—or use tapes.

Audio lectures may help fill in the gaps in your own notes. Khan academy and YouTube have lots of these!

Sit at the front of the classroom where you can hear well.

Find a study partner or group so you can recite information you need to remember.

Repeat information you've memorized aloud with your eyes closed. Eliminating visual distractions can help you focus on the information you are reciting.

Before beginning an assignment, set a specific study goal, and say it out loud. Example, "First, I will read my history chapter."

## Tactile

You can make school work easier by typing your notes, using real objects or acting out reading assignments.

Role-playing helps, even if it's just you and a stuffed animal.

When memorizing material, pace or walk around the room as you recite the material aloud.

Keep something flexible in your hand as you study, such as a stress ball to squeeze or use a pen to tap a rhythm.

Study in short intervals. Take breaks, get up and move around.

List examples in your notes of how you can apply what you're learning to your life.

Physically practice concepts, if you can. For example, if you are studying communications, practice the verbal techniques you are studying with a partner. If you are taking a computer application course, use the software in addition to reading about how it works.

Listen to music while studying.