

International Conversation Cafe

Lifestyle Topic: Learning Styles

Have you ever thought about how you best remember information? Do you remember best by listening, reading, or discussing the topic with others? Researchers have found that when more than one part of the brain is used during learning, a person is able to remember more information better. By knowing your learning styles you can use techniques to improve the speed and quality of your memory and understanding.

Here are some learning styles. Read through each one and discuss how you relate to them.

Visual – Do you use pictures or images to remember information?

Aural (auditory) Do you remember information by hearing it read or talked about out loud. Are you good at remembering music?

Verbal – Do you primarily learn by words, both spoken and written?

Physical -- Do you learning by doing something with your hands or body, like building something or moving things around?

Logical – Do you remember by using logic and reasoning?

Social – Does studying in groups help you?

Solitary – Do you prefer to study alone?

The following are questions to help you further identify your learning style. See if you can identify your top three learning styles.

- 1) What type of book would you like to read?
 - a) A book with many pictures
 - b) A book with many words
 - c) A book with words puzzles

- 2) When you do not know if a word is spelled correctly what do you do?
 - a) Write it down to see if it looks correct
 - b) Spell it out loud to see if it sounds correct
 - c) Trace to letters in the air

- 2) What is the best way for you to study for an exam?
 - a) Read your notes and review charts and pictures
 - b) Have a friend ask you questions for you to answer out loud
 - c) Make up cards for you to review with answers on the back

- 3) What is the best way for you to learn how to do a task?
 - a) Have someone show you
 - b) Read about it or listen to someone explain it
 - c) By doing it yourself
- 4) What do you find most distracting when you are studying?
 - a) People walking past you
 - b) Loud noises
 - c) An uncomfortable chair
- 5) When you are in a new city, how do you find your way around?
 - a) Use a map
 - b) Ask for directions
 - c) Walk until you find what you are looking for
- 6) What do you like to do to relax?
 - a) Read
 - b) Listen to music
 - c) Exercise
- 7) What are you most likely to remember about new people you meet?
 - a) Their face but not their name
 - b) Their name but not their face
 - c) What you talked about with them

Read through the following suggestions for each learning style. Discuss what you have tried and what you might like to try to help you become a better learner. Notice there is overlap in styles and suggestions.

Visual- Use color to highlight chunks of text. Use outlines, pictures, charts, or diagrams.

Aural- Read your notes out loud. Explain concepts to family or friends.

Verbal- Rewrite key concepts in your own words. Summarize key points on flash cards.

Physical- When you review your notes, pace or walk around. Use a stress ball while you study.

Logical- Create a graph or chart. Aim to learn by understanding rather than by repetition.

Social- Study with other people. Get your friends or family to quiz you on your topic.

Share with the group what you think are your top three learning styles.