

Finding Your Learning Style

Finding your learning style is important so that you can find ways to make your academic life easier and make learning less stressful!

Click here to take a quiz and find out what your learning style is: [Learning Style Quiz](#)

Why is it important to know your learning style?

- It can help you to find more effective ways to study
- It can help you to find efficient ways to take notes in class
- It can help you save time prepping for exams
- It can help you ask for reasonable accommodations to suit your needs
- It can help you retain information more easily

Click here to learn more about why it is important to understand how your brain learns: [Knowing Your Learning Style Can Help College Success, Dr. Kirst from Stanford University](#)

Auditory & Verbal Learning Tips	Kinesthetic & Tactile Learning Tips	Visual Learning Tips
What is it? Auditory and verbal learners learn better through spoken language, remember by listening, and may struggle with written instructions or image-based learning. What can I do to help myself? • Whisper or read materials out loud • Use an AI program or extension that will read materials out loud • Utilize AI to create a podcast summary of materials • After reviewing a section of notes, summarize it out loud • Record yourself reading class materials and listen to it when reviewing for exams	What is it? Kinesthetic and tactile learners learn better through hands-on experiences/experiential learning, real-world applications, and may struggle with theoretical subjects. What can I do to help myself? • Move your body while studying by reading and walking or even bounce your leg • Follow along the line of text with your finger • Use hand gestures while reading material • Doodle while listening to a lecture • Utilize AI to create an experiential learning process from a written document • Utilize AI to create practice quizzes • Make hand-written flashcards	What is it? Visual learners learn better through image-based learning, written language, and may struggle with verbal instructions. What can I do to help myself? • Highlighting and underlining chapters and class materials • Creating pictures or diagrams to visualize information • Utilize AI to make concept maps • Create color coded flashcards • Utilize AI to create a short video about a concept • Watch a video from a trusted source such as "Crash Course" or "Khan Academy"

👂 To find out more about Auditory and Verbal Learning click here: [Auditory Learners](#)

✍️ To find out more about Kinesthetic and Tactile Learning, click here: [Kinesthetic Learners](#)

👁️ To find out more about Visual Learning, click here: [Visual Learners](#)