Adaptations for Kinesthetic and Tactile Learners

- Make learning physical.
  - Work where you can stand up or pace.
  - Stretch periodically, and take a few deep breaths.
  - Write information out on chalkboards or whiteboards.
- Use color.
  - Use highlighters, Post-it notes.
  - Use colored transparencies over print.
  - Decorate the work area with colors and posters.
- Vary activities.
  - Break activities down into simple, short-term tasks.
- Write down distractions.
  - Jot down unrelated thoughts that intrude as you study. Write the thought down and go back to focusing on your work.
- Play music in the background.
  - You may find that music helps you concentrate.
- Read the whole first, then the parts.
  - You may need to skim through the whole assignment or chapter to get a feel for the general idea. Then, go back and read carefully.
- Act out/perform what you’re reading.
- Do presentations or projects.

Adaptations for Auditory Learners

- Think & read aloud.
  - You will understand material better if you and hear it.
  - Before beginning to read a chapter, set a purpose and verbalize it.
  - In math, talk yourself through the steps.
- Actively participate in your learning.
  - Ask questions to clarify information.
  - Look for professors who tell stories that relate to information you’re learning & who will give you verbal feedback.
  - Study in groups so you can verbalize ideas with another person &/or teach others. Ask others to explain &/or recite your notes aloud.
  - Look for audio recordings & podcasts, iTunes, YouTube, books on tape.
    - Follow the print as you listen to the taped version.
- Use a tape recorder.
  - Speak ideas into a tape recorder.
  - Use a tape recorder to review information to think it out at your own pace.
- Recite factual material over and over. Come up with mnemonics & jingles to help memorize it.
- Pay attention to your immediate environment.
  - You may be distracted by a lot of noise.

Adaptations for Visual Learners

- Make work visual.
  - Use charts, graphs and tables.
  - Take notes from the board.
  - Highlight important information.
  - Use different colored Post-it notes to cluster important facts.
- Pay attention to your immediate environment.
  - Your attention will tend to be distracted by whatever catches your eye.
  - Make sure you do not have a view out the door or window.
  - Sit in the front, so you won’t be distracted by random thoughts about class members.
- Think on paper.
  - As you work, write down formulas and the steps to each solution.
- Work on one thing at a time.
  - You may find it difficult to work and talk at the same time.
- Write factual materials over and over to help with memorization.
  - You may retain better what you write than what you hear.
- Use visual techniques.
  - Techniques such as mind mapping, story mapping or clustering allow for visual processing of material.
# LEARNING STYLES CHART

This chart helps you determine your learning style. Read the word in the left column and then circle the question(s) that best describe you in the successive three columns. Your answers may fall into all three columns, but one column will likely contain the most circles. The dominant column indicates your preferred learning style.

<table>
<thead>
<tr>
<th>When you...</th>
<th>VISUAL</th>
<th>AUDITORY</th>
<th>KINESTHETIC &amp; TACTILE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spell</td>
<td>Do you try to see the word?</td>
<td>Do you sound out the word or use a phonetic approach?</td>
<td>Do you write the word down to see if it feels right?</td>
</tr>
<tr>
<td>Talk</td>
<td>Do you listen sparingly but dislike listening too long? Do you favor words such as picture and imagine?</td>
<td>Do you enjoy listening but are impatient to talk? Do you use words such as hear, tune and think?</td>
<td>Do you gesture and use expressive movements? Do you use words such as feel, touch and hold?</td>
</tr>
<tr>
<td>Concentrate</td>
<td>Do you become distracted by untidiness or movement?</td>
<td>Do you become distracted by sounds and noises?</td>
<td>Do you become distracted by activity around you?</td>
</tr>
<tr>
<td>Meet Someone Again</td>
<td>Do you forget names but remember faces or remember where you met?</td>
<td>Do you forget faces but remember names or remember what you talked about?</td>
<td>Do you remember best what you did together?</td>
</tr>
<tr>
<td>Contact people about business</td>
<td>Do you prefer direct, face-to-face personal meetings?</td>
<td>Do you prefer the telephone?</td>
<td>Do you talk with them while walking or participating in an activity?</td>
</tr>
<tr>
<td>Read</td>
<td>Do you like descriptive scenes or pause to imagine the actions?</td>
<td>Do you enjoy dialog and conversation or to hear the characters talk?</td>
<td>Do you prefer action stories or are you not a keen reader?</td>
</tr>
<tr>
<td>Do something new at work</td>
<td>Do you like to see demonstrations, diagrams, slides or posters?</td>
<td>Do you prefer verbal instructions or talking about it with someone else?</td>
<td>Do you prefer to jump right in and try it?</td>
</tr>
<tr>
<td>Put something together</td>
<td>Do you look at the directions and the pictures?</td>
<td></td>
<td>Do you ignore the directions and figure it out as you go along?</td>
</tr>
<tr>
<td>Need help with a computer application</td>
<td>Do you seek out pictures or diagrams?</td>
<td>Do you call the help desk, ask a neighbor or growl at the computer?</td>
<td>Do you keep trying to do it or try it on another computer?</td>
</tr>
</tbody>
</table>