



Study Skills

Basics and Learning Styles

Before You Begin to Study: Know Yourself

- Know *when* you study best.
 - Are you a morning or night person?
 - When are you most productive, awake, and alert?
 - Do you let everyone know when it is your time to study so that you will not be disturbed?
 - Have you formed a habit of studying at the same time each day?





Know Yourself

- Know *where* you study best.
 - Consider these distractions:
 - TV
 - Talking
 - Windows (activity outside windows)
 - Music (some kinds are distracting)
 - Particular objects on a desk/table
 - People walking by
 - Your own bedroom is probably the best place to study.



Know Yourself

- Know *why* you are studying.
 - Why do you need this knowledge/information?
 - How is it relevant to you and what you want to do with it?



Know Yourself

- Know your learning style.
 - Left/right brain dominance
 - Visual/auditory/kinesthetic learning modalities
 - Do you study best alone or with others?

Self-Assessment of Modality Strengths

1. You usually remember more from a class lecture when:
 - a. you do not take notes but listen very closely
 - b. you sit near the front of the room and watch the speaker
 - c. you take notes (whether or not you look at them again)





2. You usually solve problems by:
 - a. talking to yourself or a friend
 - b. using an organized, systematic approach with lists, schedules, etc.
 - c. walking, pacing, or some other physical activity

3. You remember phone numbers by:
 - a. repeating the numbers orally
 - b. ~~%~~seeing+or ~~%~~visualizing+the numbers in your mind
 - c. ~~%~~writing+the numbers with your finger on a table or wall



4. You find it easiest to learn something new by:
 - a. listening to someone else explain it
 - b. watching a demonstration of how to do it
 - c. trying it yourself
5. You remember most clearly from a movie:
 - a. what the characters said, background noises, and music
 - b. the setting, scenery, and costumes
 - c. the feelings you experienced during the movie



6. When you go to the grocery store, you:
 - a. silently or orally repeat the grocery list
 - b. walk up and down the aisles to see what you need
 - c. usually remember what you need from the list you left at home

7. You are trying to remember something and so you:
 - a. try to see it happen in your mind
 - b. hear in your mind what was said or the noises that occurred
 - c. feel the way it reacted w/ emotions



8. You learn a foreign language best by:
 - a. listening to tapes or CDs
 - b. writing and using workbooks
 - c. attending a class in which you read and write

9. You are confused about the correct spelling of a word and so you:
 - a. sound it out
 - b. try to see the word in your mind
 - c. write the word several ways and choose the one that looks right



10. You enjoy reading most when you can read:

- a. dialogue between characters
- b. descriptive passages that allow you to create mental pictures
- c. stories with a lot of action in the beginning (because you have a hard time sitting still)



11. You usually remember people you have met by their:
 - a. names (you forget faces)
 - b. faces (you forget names)
 - c. mannerisms, motions, etc.

12. You are distracted most by:
 - a. noises
 - b. people
 - c. environment (temperature, comfort of furniture, etc.)



13. You usually dress:

- a. fairly well (but clothes are not very important to you)
- b. neatly (in a particular style)
- c. comfortably (so you can move easily)

14. You can do anything physical and you can read, so you choose to:

- a. talk with a friend
- b. watch TV or look out a window
- c. move slightly in your chair or bed

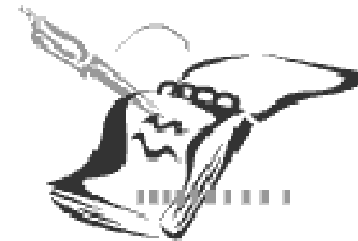
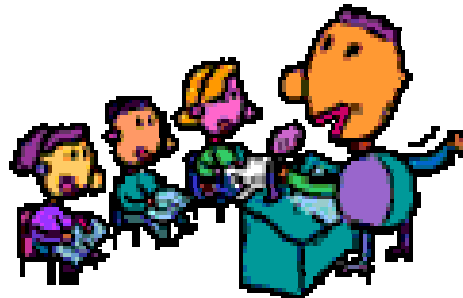


Scoring

- Count the total number of responses for each letter and write them down.
 - a. Auditory
 - b. Visual
 - c. Kinesthetic
- Notice if one modality is significantly higher, or if any two are close in number.



Were the results as you expected them to be? Is that the way you see yourself?



Characteristics of Learning Styles

- Because you learn from and communicate best with someone who shares your dominant modality, it is a great advantage for you to know the characteristics of visual, auditory, and kinesthetic learning styles and to be able to identify them in others.





not too distractible

observes rather than talks or acts

mind sometimes strays during verbal activities

organized in approach to tasks

memorizes by seeing graphics & pictures

likes to read

usually a good speller

Visual

finds verbal instructions difficult

has good handwriting

doodles

remembers faces

uses advanced planning

quiet by nature

notices details

meticulous, neat in appearance



enjoys music

memorizes by steps
in a sequence

has more difficulty with
written directions

whispers to self
while reading

easily distracted by
noises

enjoys talking

likes to be read to

Auditory

hums or sings

remembers names

easily distracted

outgoing by nature

talks to self aloud

enjoys listening
activities



will try new things

likes physical rewards

likes to touch people when talking to them

in motion most of the time

poor speller

taps pencil or foot while studying

enjoys doing activities

Kinesthetic

reading is not a priority

likes to solve problems by physically working through them

expresses emotions through physical means

outgoing by nature

enjoys handling objects

uses hands while talking

dresses for comfort

Facts on Learning Styles

- Once you understand your learning style, you are more likely to know how to meet your own needs.
- Students who are matched with teachers of the same learning style learn best. Students who can accurately predict their teachers' learning/teaching styles learn better than students who cannot make this prediction.
- A student's learning style is the same no matter what the subject area.



More Facts

- Persistent and responsible students achieve higher grades and score higher on tests.
- A key to quick learning and memory is to change the information to be learned into the form that the brain can learn most easily.
- The more a student can utilize learning through a combination of visual, auditory, and kinesthetic modalities, the more permanent the information will become.





- Use the following aids to sharpen your particular dominant learning style or to strengthen a weaker one. Try to be aware of the different activities you do daily to help all three of your styles.



Visual

- use guided imagery
- form pictures in your mind
- take notes
- see parts of words
- use cue+words
- use notebooks
- use color codes
- use photographic pictures
- watch TV
- watch movies
- use charts, graphs
- use maps
- demonstrate
- draw/use drawings
- use exhibits
- watch lips move in front of a mirror
- use mnemonics (acronyms, visual chains, mind maps, acrostics, hook-ups
- we will learn more about these later



Auditory

- use tapes
- watch TV
- listen to music
- speak/listen to speakers
- make up rhymes or poems
- read aloud
- talk to yourself
- repeat things orally
- use rhythmic sounds
- have discussions
- listen carefully
- use oral directions
- sound out words
- use theater
- say words in syllables
- use mnemonics (word links, rhymes, poems, lyrics . more later)



Kinesthetic

- pace/walk as you study
- physically do it
- practice by repeated motion
- breathe slowly
- role play
- exercise
- dance
- write
- write on surfaces with finger
- take notes
- associate feelings with concept/information
- write lists repeatedly
- stretch/move in chair
- watch lips move in front of a mirror
- use mnemonics (word links, rhymes, poems, lyrics . more later)

What is the worst habit you have?
What have you done to try to break it?
Why don't you break it?



Before You Begin to Study: Select a Special Study Place

■ Environment

- Comfortable, but not too comfortable (don't fall asleep!!)
- Ventilated
- Quiet
- Away from things that distract you
- Well-lighted

■ Use the same place as often as possible.

- Make it a habit.
- Keep study tools on hand.

Readyō Setō Study!

- Gather all materials needed.
 - Reference books
 - Writing tools
 - Tests
 - Class notes
 - Folders, notebooks, etc.
 - Assignment sheet



Readyō Setō Study!

- Set your mind to study.
 - Intend to have focused, effective study time.
 - Set realistic goals/purposes to be met during the study session.
 - Strive for quality as well as quantity.
 - Try to make short and intermediate goals within the time block.
 - Become actively involved.
 - Continually ask yourself questions about the material.
 - Remind yourself to review material often.





Readyō Setō Study!

- Set priorities for assignments.
 - Create a to-do-list for each study block and assign a priority for each assignment to be completed.