



# LEARNING PREFERENCES

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**Reading/Writing:** People with strong **reading/writing preferences** are more confident and successful when they can:

- Learn by reading and writing information
- Process information displayed as words
- Re-read and summarize/paraphrase textbook and lecture notes
- Use flashcards to process previously learned concepts



**Visual:** People with strong **visual preferences** are more confident and successful when they can:

- Learn by viewing images, graphics, demonstrations, and presentations
- Visualize or see the required finished product and its features
- Use visual tools for organizing information, ideas, and demonstrating understanding
- Doodle purposefully: annotating their notes with relevant drawings



**Kinesthetic:** People with strong **kinesthetic preferences** are more confident and successful when they can:

- Learn by doing
- Engage in physical activities and games while learning
- Learn through active participation in real situations or imagined scenarios
- Practice following instructions and/or directions before starting a task



**Auditory:** People with strong **auditory preferences** are more confident and successful when they can:

- Learn by listening to others
- Verbally process information
- Repeat the information aloud and/or repeat it silently
- Talk in a group or one-on-one session when processing new information

**CHECK OUT THE BACK OF THIS INFORMATION TO EXPLORE YOUR LEARNING PREFERENCE(S)!**



# SELF-COACHING FORM

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Having read about learning preferences, here are some questions to learn more about my needs as a student:

1. When I study, I prefer to use\_\_\_\_\_. Why?
  
2. Are there any times I prefer a different method? If so, when and for what subject?
  
3. Knowing the learning preference I prefer to use in \_\_\_\_\_ (subject), how can I better approach my studying, lectures, etc?
  
4. What resources are available to me throughout OSU's campus?
  
5. How could I change the way I study that is useful to each subject?
  
6. How could I change the way I take notes, where applicable for certain subjects?