

Visual Learner

General Appearance	Neat, meticulous, like order, like matching clothes, may not vary appearance, stick to favorite combinations.
Communication	Quiet, conversation is brief, concise, to the point, become impatient when extensive listening is required, use words like, “look, do you see what I mean?”
Emotionality	Somewhat repressed, stares when angry, cry easily, beam when happy, facial expression is good index of emotional state.
Response to Boredom	Stares, finds something to do or watch, doodles.
Problem Solving	Deliberate, plan in advance, list problems, organize thoughts, tasks, ideas by writing them down
Memory	Remember faces, forget names.
Handwriting	Tend to be good handwriter, particularly when learning, spacing and size good.
General Learning Style	Learn by seeing, watching demonstrations, draw pictures with note-taking, do not rely on auditory memory, write information down.
Reading	Like description, good concentration/imagination, can learn new concepts from reading about them.
Spelling	Recognize words by sight, rely on configuration of words to remember, see patterns in letter/words, when studying group words according to configuration and/or letter patterns.
Memory & Learning	Must write things down to remember, take notes in class, don't rely on memory, write down assignments, dates for tests, draw sketches to illustrate concepts.
Distractibility & Learning	Unaware of sound, distracted by visual disorder or movement, need privacy, adequate space to get organized to study.

Strategies for Visual Learners:

- Visualize pictures and movies in your mind
- Make visual mapping, hierarchies, category grids and timelines
- Add pictures and colors to your study tools
- Copy and write information on flash cards or vocabulary sheets
- Record directions and important information

Auditory Learner

General Appearance	Matching clothes not so important, but can explain reasons for choices in clothes.
Communication	Enjoy listening but can't wait to talk, descriptions long, repetitive, like hearing self and others talk, uses words like, "listen, do you hear what I'm saying?"
Emotionality	Shout with joy/anger, blow up verbally, but calm down quickly, verbally express emotion through changes in tone, volume, pitch.
Response to Boredom	Hums, whistles, talks to self or others.
Problem Solving	Talk problems out either to self or others, often rehearse steps in problems and solutions by talking out loud.
Memory	Remember names, forget faces.
Handwriting	Difficulty learning to write initially, tend to write lightly, often repeats letter names or says words while writing.
General Learning Style	Learn by hearing others or self, study by reading out loud or listening to notes recorded on tape.
Reading	Like dialogue, plays, dislikes lengthy descriptions, unaware of illustrations, subvocalize when reading, benefit from listening to taped story while reading.
Spelling	Use a phonics approach, remembers letter sounds, exaggerate sounds to remember correct spelling. (Fry-end = Friend)
Memory & Learning	Use oral rehearsal to remember facts for an exam, read notes aloud when studying dates, facts, ideas to be remembered.
Distractibility & Learning	Easily distracted by sounds, should not study with radio or TV on, unable to concentrate with auditory distractions.

Strategies for Auditory Learners:

- Talk out loud, recite and work in study groups
- Use tapes to make study or review tapes
- Add rhymes or tunes to your studying
- Use computerized technology with speech synthesizers

Kinesthetic Learner

General Appearance	May start day looking neat but becomes wrinkled and/or dirty through activity.
Communication	Use gestures when speaking, not a good listener, stand close to other people when talking or listening, quickly lose interest if you must listen for a long time.
Emotionality	When happy jump for joy, hug, when angry, stamp feet, pound fist, stomp off, slam doors, body tone is good index of emotional state.
Response to Boredom	Fidgets, can't sit still, finds reason to move around.
Problem Solving	Attack problems physically, often impulsive, often make snap decisions, do not like delays, get impatient with those who take a long time to make a decision.
Memory	Remember the activity or what was done not what was seen or talked about.
Handwriting	Start out neat but writing deteriorates, especially if space is small, often press very hard on pen or pencil.
General Learning Style	Learn by doing, by direct involvement, volunteer in class to get "hands-on" experience, take notes, study where you can talk out loud and move about.
Reading	Like action stories, fidget, restless while reading, not an avid reader, schedule reading assignments with frequent breaks for activity.
Spelling	Write word to decide if it "feels" right, can't spell orally, write words down, often poor speller, make up rhymes/gimmicks to remember correct spelling (a "friend" is a friend to the "end").
Memory & Learning	Create an action scene in your mind to remember events, visualize people doing an activity to remember names/dates of accomplishments.
Distractibility & Learning	Easily distracted by both visual and auditory stimuli, need quiet, private space, room to move when studying, try pairing with visual or auditory student.

Strategies for Kinesthetic Learners:

- Use your hands to work with objects or manipulatives
- Use large muscle movements as you study by pacing, working on a chalkboard, learning by doing or using drama or dance.