



DID YOU KNOW?



Students often have trouble absorbing the information they study because they are not studying in ways that are effective? Some people think of this as a difference in Learning Style - and while the research on whether or not studying for your style is mixed, WE know that if you study effectively, your confidence increases, and so does your chance of performing well on tests and exams.

If you are looking for ways to boost your studying through new methods and techniques. Read on!!



VISUAL LEARNERS



Visual Learners process new information well when it is visually illustrated or demonstrated and they benefit from content that is presented in pictures, graphs, maps, animations, or drawings. Visual learners learn best when they have space so they can spread out while they study, using wall space for paper or white boards. Visual learners will gain from using color and imagery while they study and will more easily recall information when they visualize it - remembering where they wrote information on a page, in a diagram, inside a colored shape or linked to an image.

Here are a few ideas to help visual learners

- If using teacher provided power-point or google slides print off "notes" versions and use them to review class information - write in keywords, draw images and extra information you remember or from readings.
- Hand-write your own class notes (if possible). Using the Cornell method can help keep things organized.
- Make flash cards into decks of related information, chunk them together to reduce large amounts of information into small groupings of cards, group by main themes and main ideas.
- Create a small presentation with key concepts. Watch the video of your own presentation.
- Write or draw your notes in ways that make sense for the content. Notes can be non-linear: horizontal, vertical or diagonal on a page.
- If allowed, take pictures of images used by your teacher and add them to your notes.
- Preview reading assignments. Look for anything important - text that is highlighted, bolded, in a chart or other illustration.
- If you are not using your own notes, make sure you understand the notes you are receiving. Rewrite them or use dictation to restate them in your own words, adding doodles and pictures that make sense to you and connect your brain to the info.
- At the start of a test, use scrap paper provided to quickly sketch out keywords or diagrams so you get them out of your head and can use them as a prompt to recall information.



AUDITORY LEARNERS



Auditory Learners – process new information best through sound or speech, and they pick up easily on changes in tone of voice or how information is expressed. They enjoy talking as a mode of studying and verbally processing ideas with others. Auditory learners tend to participate easily in class discussions and usually remember what instructors say, use as examples or stories.

Here are a few ideas to help auditory learners

- Find a study partner! Working with another person or small group will help you remember content.
- Visit your instructors and talk to them during office hours about questions or course content.
- Create short presentations of material, watch it yourself and/or use it to teach others in a study group - spread the content around so everyone gets a little to teach.
- Act out information as a way to remember facts/details or create memory association.
- Make up a song or a jingle with the group that captures important information.
- Repeat information with your eyes closed (shuts out distractions).
- Work somewhere quiet so you can hear yourself speaking or reading information.
- Use word association techniques to remember facts/details.
- In class, listen and remain focused during lectures and discussions, hand-write your own notes.
- In class, participate - don't hold back! Ask questions in class, workshops, labs or tutorials.
- At the start of a test, use scrap paper provided to quickly write out keywords so you get them out of your head. Use them as a prompt to recall information.



KINESTIC LEARNERS



Kinesthetic Learners – process new information best when it can be touched, taken apart or used spatially or connected to movement. Kinesthetic learners will benefit from being in a study space that allows them to move around and teaming up with a study partner who will enjoy moving while reviewing information: talking and walking, taking short exercise breaks, quizzing each other while shooting hoops. Kinesthetic learners will recall information better when they remember what they were doing when learning the information. Their bodies need to connect to information so their brain can absorb it.

Here are some ideas to help kinesthetic learners

- If you can, hand-write your own class notes. Hand writing is proven to connect your brain to info.
- Find one or two people you trust to form a small study group. Go for a “walk and talk” with your group while reviewing study information.
- Before you start studying, record yourself saying key concepts or definitions into an audio. Listen to this audio during times you are not actively studying (in the car, on the bus, going for a walk or run).
- Create short presentations of material and present it to others during a study group.
- Use role playing as a way to remember people, places, times in history and events.
- Use flash cards as a tool to quiz yourself or with a study partner.
- At the start of a test, use scrap paper provided to quickly sketch out keywords or diagrams so you get them out of your head and can use them as a prompt to recall information.

AND EVERYONE BENEFITS FROM...

Small consistent bursts of studying

- Use short blocks of time to study in (20mins), then take a timed break (5mins) and go for a walk, get a drink, stretch, and repeat.
- Bundle these short blocks with a short break to make large gains in actual time spent studying.

Using different media to cement your learning

- Look for short videos, movies, artwork, tutorials, audios, labs or demos that relate to what you are studying to supplement lectures, class notes and texts.

Maintaining sleep and good nutrition

- Students tend to sacrifice eating and sleeping during stressful times. Don't fall into that trap!
- Schedule meals and do your best to eat nutritious food.
- Schedule a time to shut things down and go to sleep.
- Your brain needs nutrition to function and sleep to process the information you have learned.
- You WILL perform better with the information you study if you sleep and eat.

We hope this information has helped you!

For more information on our services or to reach one of coaches email

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