



Understanding Your Learning Preferences

Every learner processes information differently. Information can be consumed through sight, hearing and hands-on interaction. While you will likely identify with multiple learning preferences, and your preferences may change over time, reflecting on what works best for you will make you a more effective learner. Use this guide to help you identify your learning preferences and read about study habits that can help you succeed.



Visual: Learn by observing

Questions to ask yourself:

- Are you imaginative and enjoy creating things?
- Do you like drawing and doodling?
- Are you good at interpreting graphs, charts and maps?

Learning tips:

- Color code your notes and study materials
- Use symbols or images to represent key concepts
- Create visual learning maps to connect concepts



Auditory: Learn by listening

Questions to ask yourself:

- Do you talk to yourself when thinking through things?
- Do you repeat things out loud in order to remember them?
- Do you have musical skills and talents?

Learning tips:

- Read notes, assignments and directions out loud
- Watch educational videos on topics you are learning about
- Listen to audiobooks as you read along



Verbal: Learn through written and spoken words

Questions to ask yourself:

- Do you enjoy word games?
- Do you like engaging in conversations and asking questions?
- Do you find yourself learning new words and incorporating them into your writing and speaking?

Learning tips:

- Talk about things you are learning with others
- Use acronyms and mnemonic devices to remember information
- Write about what you have learned in your own words



Physical: Learn through hands-on activities

Questions to ask yourself:

- Do you enjoy building things?
- Do you talk with your hands and use movement to illustrate what you are saying?
- Are you energetic and enjoy being active?

Learning tips:

- Use physical flashcards to review terms and concepts
- Come up with dance moves or hand motions that illustrate information you are trying to remember
- Be sure to take study breaks that involve a physical activity like stretching, walking or dancing



Logical: Learn by identifying patterns and solving problems

Questions to ask yourself:

- Are you organized and detail-oriented?
- Do you thrive in more structured environments with clear rules and expectations?
- Are you naturally curious and enjoy solving problems?

Learning tips:

- Set personal learning goals and create plans to achieve them
- Review information in a question and answer format
- Create organized to-do lists and study guides



Social: Learning and working with a group

Questions to ask yourself:

- Do you like being part of a group or team?
- Do you enjoy asking and answering questions?
- Do you like listening to others' perspectives?

Learning tips:

- Hold virtual study sessions with classmates
- Talk about what you're learning with friends and family
- Seek feedback from instructors and peers



Solitary: Learning and working alone

Questions to ask yourself:

- Do you get distracted by movement and sounds?
- Are you self-motivated and independent?
- Do you focus on setting and achieving personal goals?

Learning tips:

- Set up a comfortable study space
- Write down questions to ask your instructor as you study
- Dive deeper into topics that interest you by watching additional videos or reading more about them