

VARC: KNOWING HOW YOU LEARN

V - Visual

A - Auditory

R - Reading/Writing

K - Kinesthetic



Visual Learners:

Learn best from visual images (that do not include writing) - Graphs, Diagrams
Remember faces and places
Recall information by picturing it in their minds
Prefer a map to written direction

Visual Learners Study Strategies



- Doodle diagrams that explain your written notes
- Create a flowchart to show how information builds
- Use flashcards that have pictures, diagrams, visual cues
- Use highlighters or underline key information in your texts or notes
- Convert steps in solving math equations into a chart or series of boxes
- Vocabulary mnemonics
- Use a timeline to map out work load



Auditory Learners:

Do well with hearing information - they remember words and key information by hearing it in their minds

Prefer spoken directions

Skilled at memorizing music or lines in a play

Auditory Learners Study Strategies



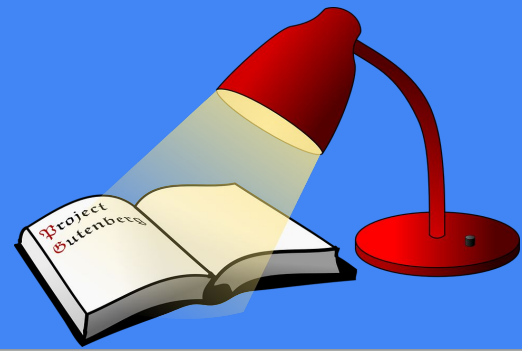
- Record your notes aloud into your phone - play back for yourself
- Work with a partner and review material out loud
- Teach the information to a “class”
- When learning equations, talk your way through the steps
- Singing/Create a song to remember key information
- Use internet resources like YouTube.com
- Voice metaphors/similes to compare and remember
- Invent acronyms/Mnemonic devices



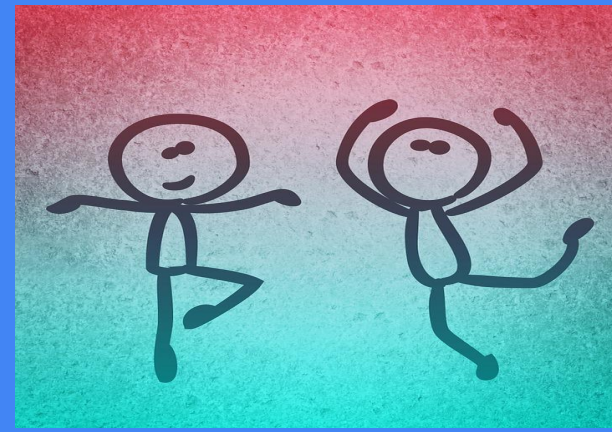
Reading/Writing Learners:

Are most comfortable with written material. They understand and remember what they read. They enjoy writing - these learners are able to take good notes in their classes and reading over their notes can be a good study method.

Reading/Writing Learners Study Strategies



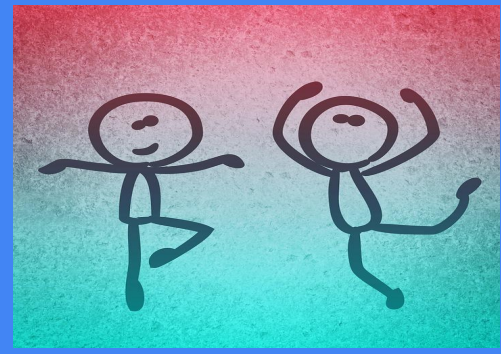
- Rewrite your notes after class
- Write follow-up notes in the margins
- Write out explanations for diagrams, charts, and graphs
- Write out instructions for each step of a procedure or math problem
- Post note cards/post-its in visible/common places
- Repetitive writing
- Compare your notes with someone else's



Kinesthetic Learners:

Learn by doing. Hands-on activities and real-life experiences help them remember. Classes like science labs, acting, or sports teach to the strengths of kinesthetic learners.

Kinesthetic Learners Study Strategies



- Type your notes from class
- Create a YouTube video on information learned in class
- Review flashcards while walking, at gym, etc. - move in some way when studying notes
- Use the internet to research subject material
- To learn a math equation, use one note card for each step-place them in a formation
- Correlate physical movements with ideas/terms