

Sensory Learning Styles

By Raymond Gerson

There are many different styles of learning. The three primary sensory learning models are: Visual (eyes), auditory (ears), and kinesthetic (touch or hands-on).

Many people learn fast by incorporating all three. However, it is important to have a preferred and dominant style of learning. If you are strong in one style of learning you can use it to excel and compensate for any styles of learning that are less developed.

The following are helpful for the three different types of learners:

1. Visual

- Incorporate the use of images, photos, colors, maps, charts, and graphs.
- Use DVD's, radios, and films.
- Create mind maps and time line charts as study aids.
- Highlight, circle and underline the text and your notes.
- Read the text before lectures.
- Create your own symbols and drawings to illustrate key points.
- Create flashcards to learn terms and definitions.
- Ask professors to use more visuals for presentations.

2. Auditory

- Read the text out loud.
- Tape lectures and listen to audios.
- Participate in study groups to reinforce lessons.
- Sit where you can hear the lecture well.
- Avoid studying with disturbing noises in background.
- Talk problems through.
- Teach yourself lessons in your own words out loud.

3. Kinesthetic

- Read the text and your notes while walking around.

- Study in short intervals followed by brief exercise breaks.
- Take courses with labs and field trips.
- Study with others.
- Get your hands on what you are learning.
- Participate in role playing exercises.
- Use flash cards while moving about.
- Use a computer to rewrite your notes.
- Read and highlight to create movement and hands on activity.

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