



WHAT'S YOUR LEARNING STYLE?

Find out what study
techniques might
work for you!



LEARNING STYLE TYPES


Visual

Solitary 

Social


Verbal 

 **Logical**

 **Kinaesthetic**



UNIVERSITY OF
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Peer-Supported
Learning Centre

Visual

Visual learners retain information best by viewing images, symbols or incorporating colour into their study

Best Techniques: Mindmaps, flashcards, colour-coded notes, present information through charts and graphs, watch videos, display notes on sticky notes

Solitary

Solitary learners work best alone, without the distraction of a study buddy or group

Best Techniques: Testing yourself, reciting notes, journaling

Social

Social learners work best with a study buddy or in a group

Best Techniques: Jigsaw, teach a partner, swap notes, debate, presentations, vs quiz

Verbal

Verbal learners learn best with spoken or written words, acronyms, rhymes and rhythms

Best Techniques: Audiobooks, close eyes when listening to a video, recite information, make up rhyme or acronym, copying, repeating and rephrasing

Logical

Logical learners like structure, are good with numbers and statistics and find patterns in information

Best Techniques: Keep organised notes, use flowcharts, timelines or structured mindmaps, use categorisation or classification, set goals and rules for revision

Kinaesthetic

Kinaesthetic learners learn by doing and completing practical work

Best Techniques: Flashcards, role-play, move while studying, make models, charts, pictures, etc., interactive documents, educational games, practical work