

Identifying How You Process Information

Visual learners tend to...

Remember best what they see-- pictures, diagrams, flow charts, time lines, films, and demonstrations.

Textual learners tend to...

Get more out of written words.

Auditory learners tend to...

Like spoken explanations.

Balanced learners tend to...

Be capable of processing information presented in two or more formats.

Strategies for maximizing the use of your preferred channels:

Visual Strategies

- Focus on visual elements of the course.
- Make your own visuals, such as concept maps, flashcards with symbols, or color-coded notes.

Textual Strategies

- Translate pictures and sounds into words.
- Write summaries of text, diagrams, and illustrations.
- Make flashcards of terms and concepts.
- Write out the details of each step in a procedure.

Auditory Strategies

- Use audio narration to boost your understanding of the text.
- Teach the course concepts to an imaginary or real audience.
- Discuss the course material with others.

Balanced Strategies

- Figure out what your preferences are for each type of information.
- Learn study strategies for each type of preference.