

BEST STUDY METHODS

Everyone can learn in each of the three ways you have read about. (SEEING, HEARING or DOING) One type is usually your strongest method to help you learn and remember. To remember BEST it is important to study using your strongest sense first. If you do, you will learn faster and remember longer. Read on to find out more about each way to learn and the best methods to learn and remember.

SEEING LEARNERS

If you are a **seeing**, or visual, learner you remember best when you use your eyes. You may be able to picture in your mind things that you hear about. You memorize how words are spelled by how they “look.” Seeing learners understand material better when they read it to themselves rather than when they listen to it. Seeing learners write assignments down to help them remember what they study. Most seeing learners would prefer to use directions (words or pictures) to put something together rather than just “figure it out.” Many of these learners are organized, neat and pay attention to details.

BEST STUDY METHODS FOR SEEING LEARNERS

1. Highlight or underline main ideas in books when possible.
2. Use index cards to make flash cards. Use them for spelling words, math facts or vocabulary. You can color-code them or put them into categories. Separate them into “know” and “don’t know yet” piles. Play a memory game with them.
3. To study for a test, do something you can see: draw pictures, make a map, copy your notes, make flash cards.
4. Visualize: Picture in your mind!
5. Don’t limit yourself to paper: Write on chalkboards, dry-erase boards, and the computer.
6. Write down your assignments in one book.
7. If possible, read the questions first before you read so you know what to look for and to set a purpose for reading.
8. Be careful! Seeing learners like the visual stimulation of television. Don’t watch too much TV and *never* watch TV while you are studying.

HEARING LEARNERS

If you are a **hearing**, or auditory, learner you remember information best by using your ears. Hearing learners tend to be good talkers and listeners. They like class discussions and remember what the teacher says. Hearing learners would prefer to listen to a book on tape instead of reading it. These learners can remember names and songs after hearing them only a few times. When reading or studying, hearing learners like to say information aloud to themselves. They can be distracted by background noise.

BEST STUDY METHODS FOR HEARING LEARNERS

1. Try to complete your assignments after the teacher has discussed the material, whenever possible.
2. Read out loud instead of silently.
3. Tape-record your notes, math facts or vocabulary words. Play the tape at home and when you are riding in the car. Recite with the tape to practice.
4. Use music to help you learn. Make up a song or a jingle. Create rhymes or poems to help you.
5. Have someone quiz you. Study with a friend and discuss things out loud.
6. Study in a *quiet* place!

DOING LEARNERS

If you are a **doing** learner, you like movement and can concentrate best when you are active. Doing learners find it hard to sit still for long periods of time. They need to do and to practice what they are learning. Many doing learners like to work with their hands; many like sports and can learn new athletic skills easily. Doing learners like class projects. They prefer to DO something rather than to just read, write or listen. Sometimes, doing learners have a hard time with organization.

BEST STUDY METHODS FOR DOING LEARNERS

1. Have a parent or teacher help you develop a system to get and stay organized.
2. Use things you can touch (like coins, beans, blocks, etc.) to help you understand math concepts.
3. To learn spelling or vocabulary words, write words in sand, paint with water on the sidewalk, or use magnetic letters.

4. MOVE while you study: Jump, walk, do knee bends, hop, shoot baskets while you talk about the information or quiz yourself.
5. Write words or math facts on flash cards and hop on them to study.
6. Trace your finger on maps, globes and diagrams to study.
7. When you do sit down to study, set goals for yourself and then take breaks. For example, plan to study for 10 minutes, then get up and get a drink. Plan to read 3 pages before you get up and do 20 sit-ups. Always come back to study!
8. Teach someone else your material using a chalkboard or dry erase board.