LEARNING STYLES
THE KEY TO ACTIVE LEARNING

THE BIG PICTURE
Making the switch from passive to active learning begins with making the simple decision to try new strategies to be active in your studying. Being active can mean moving physically, like writing notes, highlighting a textbook, or pacing with note cards. You can also be active mentally through rearranging ideas and organizing concepts. Here are some new strategies you can use to flip the switch now.

HOW DO YOU LEARN?

Auditory learners learn best when hearing the content. You can do this by creating questions and answers from the reading and lecture notes. You could also explain the content to a classmate.

Visual learners study most efficiently when they can see the content. Try highlighting key ideas, visually organizing content, or writing note cards and working through them a few times each day.

Lastly, kinesthetic learners memorize best when they connect content to action. If you are a kinesthetic learner it might be helpful to walk while studying or develop motions to go along with your content.

ACTIVE LEARNING
No matter which strategies you choose or which learning style you most closely identify with, the main idea is to engage your mind in an active manner. Thinking about your learning styles and implementing them into your learning activities is really all it takes to “flip the switch” from passive to active learning. As you do this, you’ll want to find your learning style preference and specific strategies based on it. All the while, understand that it is important to use all of the learning styles to a certain degree. You will find that for certain tasks, you may prefer auditory strategies, and for others possibly want to involve your kinesthetic senses. Reflect on how these work for you and find new strategies to adapt to your unique learning preference.