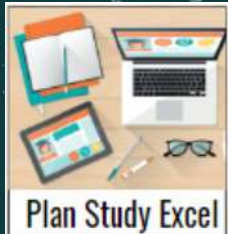


WEEK 4



- Learning Styles Part 2
- Mental Focus
- Memory
- Brain Games
- Just for Fun



LEARNING STYLE SURVEY

Learning Style Survey 2

Look at each modality section. Rank each statement with "Often/Sometimes/Seldom" and then total the points for each section.

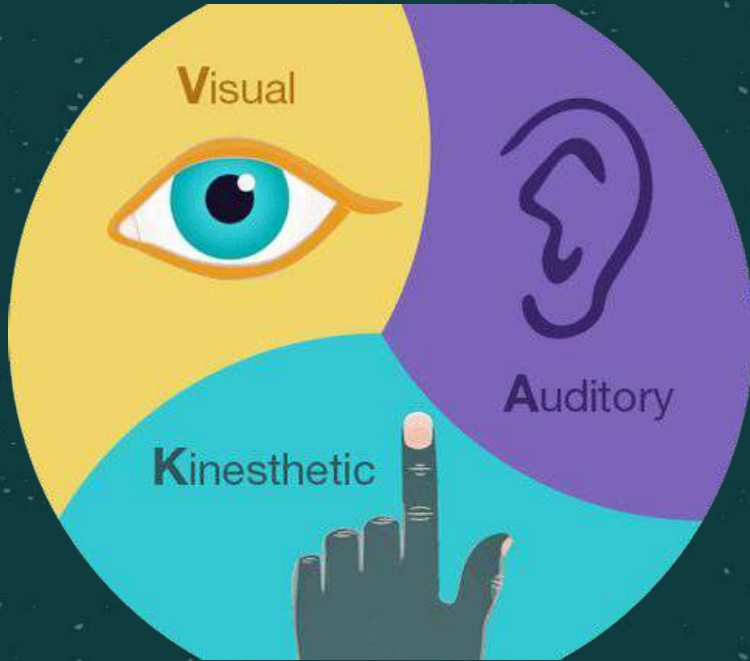
VISUAL	Often (3 points)	Sometimes (2 points)	Seldom (1 point)
I remember information better if I write it down.			
Looking at the person helps keep me focused.			
I need a quiet place to get my work done.			
When I take a test, I can see the textbook page in my head.			
I need to write down directions, not just take them verbally.			
Music or background noise distracts my attention from the task at hand.			
I don't always get the meaning of a joke.			
I doodle and draw pictures on the margins of my notebook pages.			
I have trouble following lectures.			

This time, let's think about how often we do or don't do certain things.

Our styles and preferences can change depending on the situation, but our strengths are usually still present. Did your results change from the previous survey?

[PDF Link](#)

LEARNING STYLE STUDY TIPS



Now that you know more about your own strengths, think about the way you study for tests or prepare for a project.

How can you take advantage of your learning style to make studying easier?

Highlight one or two items under your learning style that you already do or that you think might work for you.



TYPES OF LEARNERS

VISUAL LEARNERS



Best test type:

Diagramming, reading maps, essays, anything showing a process

Worst test type:

Listen and respond tests

CHARACTERISTICS



Tend to be fast talkers, may interrupt



Learn by seeing charts and diagrams



Need quiet study time



May think in pictures



Take detailed notes



Like to sit at the front of the class

LEARNING SUGGESTIONS



- Draw or outline the information you need to remember
- Copy what's on the board
- Diagram sentences
- Take notes and make lists
- Color code, highlight, circle and underline words in your notes
- Use flashcards



AUDITORY LEARNERS

Best test type:

Writing responses to lectures they've heard; oral exams

Worst test type:

Reading passages and writing answers in a timed test



LEARNING SUGGESTIONS



- Use word association to remember facts and lines
- Record lectures and watch videos
- Repeat facts with eyes closed
- Participate in group discussions
- Record notes after writing them

CHARACTERISTICS



Tend to speak slowly, explain things well



Tend to be natural listeners



Tend to repeat things aloud



Think linearly



Read slowly



Prefer to hear, rather than read, information



KINESTHETIC LEARNERS



LEARNING SUGGESTIONS



- Study in short blocks
- Take lab classes
- Go on field trips
- Study with others
- Use memory games and flash cards to memorize facts

CHARACTERISTICS



Tend to be the slowest talkers



Learn by doing and solving real-life problems



Like hands-on approaches



Can't sit still for long, get fidgety



Take breaks when studying



Suffer from short attention spans



MENTAL FOCUS

When is it important to be a good listener? Let's practice and see just how good you are. I'm going to read lists of words.

- Clap every time you hear the word "cat"
- Clap when you hear a word that is NOT an animal
- Clap for things you would find in a park
- Clap for anything that relates to an animal

What was most challenging about this activity?

WHAT IS MEMORY



HOW CAN YOU IMPROVE YOUR MEMORY

PLAY CARDS

Play card games like Crazy Eights, Uno, Go Fish, or War to more complex ones to improve working memory.

04

VISUAL MEMORY GAMES

Explain the math concept or teach the basketball skill to your parent or sibling.

02

03

Play matching, memory, or visual concentration games.

TEACH SOMEONE ELSE

START

01

Find one of the study tips that plays to your learning style strength. Use it to help you study for a test or quiz.

USE YOUR LEARNING STYLE

HOW CAN YOU IMPROVE YOUR MEMORY

MAKE CONNECTIONS

Connect details to make things memorable. Create mnemonic devices that are fun but stimulating.

08

FINISH

MAKE IT MULTISENSORY

Use graphic organizers or break large tasks into smaller steps to help remember them.

06

07

Use multiple senses to process information. Walk while listening. Visualize while reading.

TAKE SMALL BITES

05

Use highlighters and sticky notes to track information and take notes while reading.

PRACTICE ACTIVE READING



WHAT ARE MNEMONICS?



Names of the Great Lakes

H:

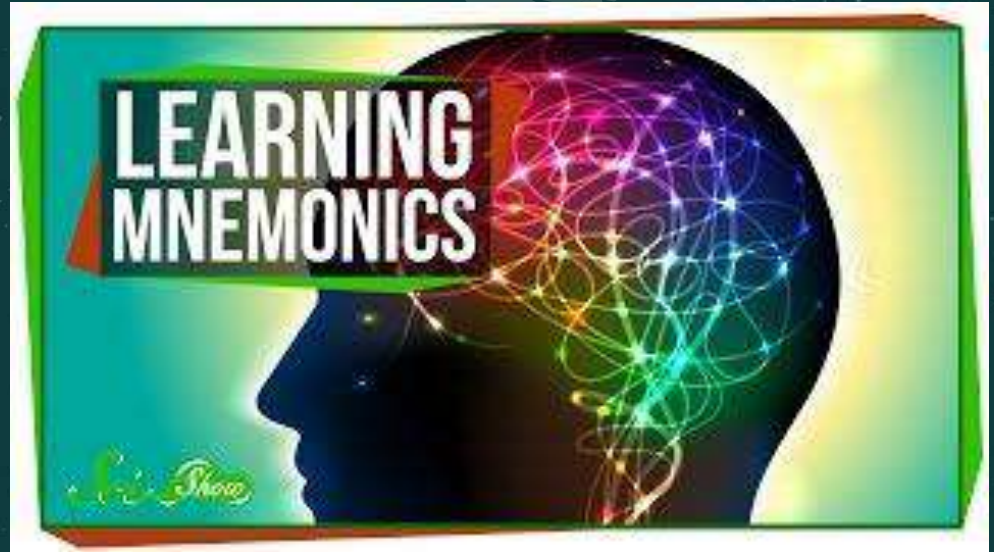
O:

M:

E:

S:

By definition, mnemonics is the study and development of systems for improving and assisting memory.





MEMORY

Let's watch a clip from Season 5, Episode 6 of Brain Games to learn more about Memory and how we can improve ours.



Just for Fun

Memories are wonderful things. You might have a memory of your first time on a roller coaster, your first trip to the zoo, or your first taste of ice cream.

But Trevor Noah has a memory of the first time he tried tacos, and it's...different.

