

# WHAT LEARNING STYLE FITS YOU BEST: AUDITORY?

Visual, Auditory, and Kinesthetic (movement) are the three main learning styles. Think of them as see, hear and touch. Understanding which works best for you can play a big role in figuring out how best to study.

## AUDITORY LEARNERS:

Make sure that you are sitting in a place where you can easily hear the lessons

Try repeating the things you hear back to yourself out loud to help retain the information

Use mnemonic devices like songs or acronyms to help you remember information

Talk to people about what you are learning to help you commit it to memory

Record lessons to help fill in the gaps in your notes

Listen carefully to lessons and try to write down key points to review later

Make an audio recording of your study notes and listen to it while you are walking, at the gym, driving, or on the bus

Try writing and reciting poems/songs to help you remember important concepts