

SUGGESTED AIDS FOR LEARNING MODALITIES

Depending on which learning modality you determined was dominant for you, use these aids to sharpen your particular dominant learning modality or to strengthen a weaker one. Try to be aware of the different activities you do daily to develop all three of your modalities.

VISUAL

- use guided imagery
- form pictures in your mind
- take notes
- see parts of words
- use “cue” words
- use notebooks
- use color coding
- use study/flash cards
- use photographic pictures
- watch filmstrips
- watch movies
- use charts, graphs
- use maps
- demonstrate
- create and use drawings
- use exhibits
- watch lips move in front of a mirror
- use mnemonics (mind maps, visual chains, acronyms, acrostics, hook-ups), refer to “Memory Chapter”

AUDITORY

- use tapes
- watch TV
- listen to music
- speak and listen to speakers
- make up rhymes or poems
- read aloud
- talk to yourself
- repeat things orally
- use rhythmic sounds
- have discussions
- listen carefully
- use oral directions
- sound out words
- use theater
- say words in syllables
- use mnemonics (word links, rhymes, poems, lyrics), refer to “Memory Chapter”

KINESTHETIC

- pace or walk as you study
- physically “do it”
- practice by repeated motion
- breathe slowly
- role play
- exercise
- dance
- write
- write on surfaces with finger
- take notes
- associate feelings with concept/information
- write lists repeatedly
- stretch and move in chair
- watch lips move in front of a mirror
- use mnemonics (word links, rhymes, poems, lyrics), refer to “Memory Chapter”

