

# What is my learning style?

Naviance Succeed



# Why is it important to know your learning style?

- Make the most of your strengths and improve limitations
- Find study habits that are consistent with learning styles
- Improve your grades
- Work more effectively in groups



# 3 Common Learning Styles



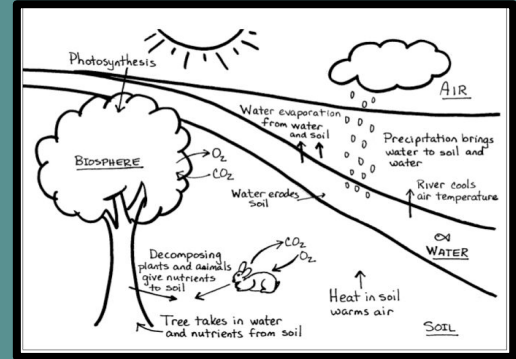
**Auditory**  
**Visual**  
**Kinesthetic/Tactile**

# Auditory Learning Style

- Learn through hearing
- Remember things when they are heard
- Relate most effectively to the spoken word
- Tend to listen to a lecture, take notes afterwards
- Read information out loud

# Visual Learning Styles

- Learn through seeing
- Relate to
  - written information
  - notes,
  - diagrams
  - pictures
- Take notes even when they have printed course notes
- Most effective in written communications



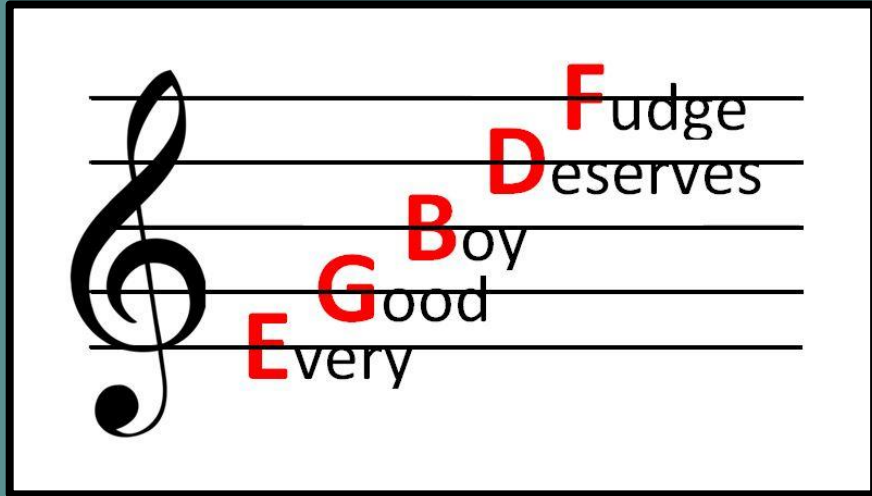
# Kinesthetic/Tactile Learning Style

- Learn through moving, doing, and touching
- Learn skills through imitation and practice
- Strong need for activity and exploration

# Directions

1. Go to MHS website
2. Click on “Departments”
3. Click on “Guidance”
4. Click on Naviance Link (left of screen)
5. Click on “I need to register”
  - a. Plug in your personal Access Code
  - b. Username = MTSD student email address
  - c. Change your password to your preference
6. Click tab “About Me”
7. Click “Learning Styles Inventory under “My Assessments”
8. Read the information and click on “Start Inventory”
9. Answer each question carefully about your current study habits.
10. Click “View Full Report”

# Tips for Auditory Learners



Participate in class discussions/debates

Make speeches and presentations

Read text out loud

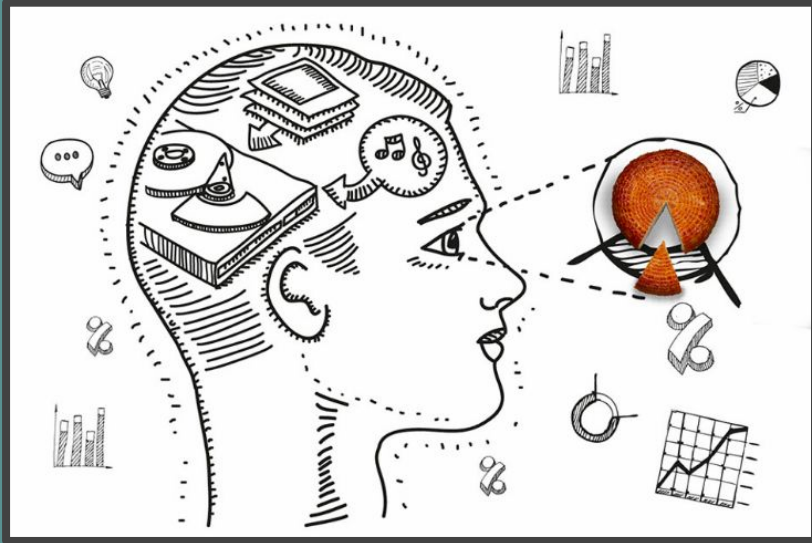
Create mnemonics to aid memorization

Discuss your ideas verbally

Study in groups



# Tips for Visual Learners



Use pictures, charts, maps, graphs

Use color to highlight important points in your notes

Take notes and visit your teachers' websites

Study in a quiet place

Visualize information as a picture to aid memorization

Use multimedia resources

# Tips for Kinesthetic/Tactile Learners



Skim through reading material to get a rough idea what it is about before settling down to read it in detail

Use bright colors to highlight reading material

Take frequent study breaks

Hands-on learning experiences