TEACHING YOUR WAY

At times it may be difficult to remember that not every teacher can meet your learning style needs. If you prefer kinesthetic learning, but have a teacher who focuses mostly on read & write, you must take the information gathered and study it your way. Teachers cannot present all material in every unique style, but you can make learning fun by studying your way.

*Aural* learners could listen to music while studying to attach the material to different sounds and rhythms.

*Visual* learners can browse YouTube to find online lectures concerning their topic and watch a video presentation of material.

STYLISTIC CHECKLIST

- Do I understand what I am learning?
- How can I solidify these ideas in my mind?
- In what ways can I incorporate my VARK style into learning this information better?
- I need to study for my Public Speaking test, but I don’t get how the instructor explained it. What can I do to learn more about this topic in my style?
- How can I take control of my learning?
- What do I need to do to be more successful?
- Making learning fun. Do it your way.

CONTACT US

For additional information, check out the Communication Center website: [www.uccs.edu/commcenter](http://www.uccs.edu/commcenter)

To speak with a trained CEC Peer Mentor or Graduate Associate, contact us at (719)255-4770 to schedule an appointment.

Learning Your Style
Developed by: Lindsey McCormick
Revised by: Jesse Perez
What is your preference?

Take this quick quiz to find out.

A. I gain a lot of knowledge through lectures. TRUE FALSE
B. I like to incorporate media into my learning. TRUE FALSE
C. I must use movement (i.e. dance or hands-on activities) to learn something well. TRUE FALSE
D. When I re-write my notes that I took in class, I learn the information well. TRUE FALSE

The type of information that we are being asked to process can cause us to prefer different styles at different times.

This means you are a multimodal learner.

VARK

Visual
Aural
Read/Write
Kinesthetic

www.vark-learn.com

VARK Yourself

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Results

While everyone is usually a combination of styles, here is the list of preferences based on your response:

C. TRUE: Kinesthetic Preference.
D. TRUE: Read/Write Preference.