How you can use your preferred senses

Here are some learning suggestions to suit the three main learning senses:

<table>
<thead>
<tr>
<th>Visual (Seeing)</th>
<th>Auditory (Hearing/Talking)</th>
<th>Kinesthetic (Moving/Touching)</th>
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</table>
| • use highlighters, underlining, mind maps, different colours, etc  
  • make sure there is lots of space and arrange your notes visually, e.g. use pictures, flow charts, symbols, charts or graphs  
  • use videos, and books with plenty of diagrams and pictures  
  • you may prefer to get the ‘big picture’ rather than concentrate on the details  
  • summarise and lay out your notes so that the ideas are easily visible  
  • practise writing the main points  
  • practise writing exams  
  • use diagrams, initials or symbols  
  • visualise the ‘pattern’ of what you are learning | • go to classes and talks, then discuss these with other students and teachers, i.e. tell someone else about the class, the overheads, the pictures, examples, stories, etc  
  • tape lectures, conversations and news items, then explain the new information to others  
  • leave space in your notes to fill in the gaps later as you remember  
  • you may like to have any written materials also explained verbally  
  • use LLC CDs  
  • summarise your notes onto tape  
  • when revising, talk to others if you are unsure what your notes mean  
  • read your notes aloud  
  • try explaining the notes and your understanding of them to someone else | • use trial and error  
  • physically manipulate cut-out words, sentences, articles, e.g. matching, sequencing  
  • collect groups of items  
  • practising examples of the theories and rules and apply these to your own work  
  • work through past assessments or exams  
  • you may prefer to experience language in a practical way, rather than study theory in isolation  
  • try to remember and revise concrete examples from class  
  • to revise, pretend you are sitting the actual exam |