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Have you ever tried to learn something fairly simple but found it difficult to grasp the key ideas? Or tried to teach people and found that some were overwhelmed or confused by something quite basic?

Everyone person has a different way of learning. Knowing your learning style can help you prepare yourself for academic success. What's your learning style?

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- Prefer to see information such as pictures, diagrams, cartoons, demonstrations
- Picture words and concepts they hear as images
- Easily distracted in lecture with no visual aids
- Overwhelmed with intense visuals accompanied by lecture
- Benefit from using charts, maps, notes, and flash cards when studying
- Copy what's on the board
- Ask the teacher to diagram
- Take notes, make lists
- Watch videos
- Outline reading
- Use flashcards
- Use highlighters, circle words, underline



