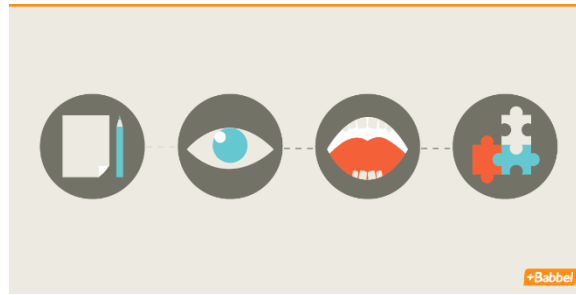


# LASSO Center: Learning Preferences



Reading/Writing   Visual   Auditory   Kinesthetic

## Information about each learning preference:

**Auditory:** People with strong **auditory preferences** are more confident and successful when they can:

- Learn by listening to others
- Verbally process information
- Repeat the information aloud and/or repeat it silently
- Talk in a group or one-on-one session when processing new information

**Kinesthetic:** People with strong **kinesthetic preferences** are more confident and successful when they can:

- Learn by doing
- Engage in physical activities and games while learning
- Learn through active participation in real situations or imagined scenarios
- Practice following instructions and/or directions before starting a task

**Reading/Writing:** People with strong **reading/writing preferences** are more confident and successful when they can:

- Learn by reading and writing information
- Process information displayed as words
- Re-read and summarize/paraphrase textbook and lecture notes
- Use flashcards to process previously learned concepts

**Visual:** People with strong **visual preferences** are more confident and successful when they can:

- Learn by viewing images, graphics, demonstrations, performances, and presentations
- Visualize or see the required finished product – its shapes, colors and features
- Use visual tools for organizing information, ideas, and demonstrating understanding (e.g. concept map, powerpoints, and other visual representations)
- Doodle purposefully: annotating their notes with relevant drawings

For information on what your learning preference(s) may be, please visit <http://vark-learn.com> or visit an Academic Success Coach.

Check out the back of this information to explore your learning preference(s)!



## Self-Coaching Form

Having read about learning preferences, here are some questions to learn more about my needs as a student:

1. When I study, I prefer to use\_\_\_\_\_. Why?
2. Are there any times I prefer a different method? If so, when and for what subject?
3. Knowing the learning preference I prefer to use in \_\_\_\_\_ (subject), how can I better approach my studying, lectures, etc?
4. What resources are available to me throughout OSU's campus?
5. How could I change the way I study that is useful to each subject?
6. How could I change the way I take notes, where applicable for certain subjects?