YOU REALLY CAN LEARN PHYSICS

Sometimes you find yourself struggling in a class. Is it that you aren’t smart enough? Is your instructor challenging? Or is it that you aren’t utilizing your LEARNING STYLE PREFERENCE?

Learning is an individual process and to get the most out of that experience, it would benefit you to use your strongest preference. There are three common learning style preferences:

1. **VISUAL** learners remember and learn best by seeing and visualizing information.
2. **AUDITORY** learners remember and learn best by hearing information.
3. **TACTILE** learners remember and learn best by using body movement and hands-on experiences.

Following is a list of common characteristics to help you identify your preference and strategies for capitalizing on your learning preference.

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**VISUAL – If you:**
- need to see things written
- need to read things to yourself
- think in pictures or create a mental image
- like to see examples performed
- recall information in charts, diagrams, or pictures easily

**STRATEGIES for enhanced learning**
- use different colored highlighters and color code
- create flash cards
- take time to visualize pictures, charts, and printed information
- enhance notes with pictures, colored ink, and highlighting
- create “movies in your mind”

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**AUDITORY – If you:**
- need to hear things
- need to say them out loud to yourself
- like to “talk-it-out” while problem solving
- like to use rhymes or music to help you remember
- can accurately remember things heard
- have strong oral communication skills

**STRATEGIES for enhanced learning**
- talk out loud to express ideas or explain information
- paraphrase what your instructor is saying
- recite frequently while you study
- work with a tutor, in groups, or with a study buddy
- tape record lectures and listen again later

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**TACTILE – If you:**
- need to trace things
- need to push or dial numbers to remember
- learn best by doing
- like to use gestures while explaining things
- like to be active while learning

**STRATEGIES for enhanced learning**
- handle objects, tools, and machinery you are trying to learn
- create study tools you can move with your hands (example – flash cards)
- use exaggerated movements that assist with long-term memory.
- Type or use a word processor
- Talk and walk as you recite information

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To learn more about learning style preferences contact *The Learning Assistance Center.*