

Understanding yourself as a learner

Study Skills – Revision

In order to make the most of your study opportunities, you need to first understand who you are as a learner. Read this document to find out what questions you should ask yourself so that you can ultimately be a better student.

Starting With Yourself

As you embark on your university course the prospect of tackling a heavy workload under time pressure while simultaneously reading and learning large volumes of new information can be more than a little daunting to say the least. Every new student experiences a mild sense of dread at some point and while there's no need to panic, there is a need to plan.

There's a lot to manage and organise and the feeling that *there are just not enough hours in the day* is very common. So, how can you get the most of out the time available? How can you effectively plan ahead and meet those looming deadlines? This document offers a number of different techniques to keep you ahead of the game and hopefully make being successful less stressful. And, there's no better place to start than with you.

The Journey Begins with You

There are **3 main types of learner** – you might recognise yourself in the elements of one of the following types in particular, or you might recognise elements of a combination of the types described below. Whatever is true for you, if you feel clearer about how you like to learn things and then adapt your study habits accordingly, you may find that you actually start *enjoying* lectures and seminars!

Type 1: - The Visual Learner.

If you're a visual learner you find the best way to memorise and make sense of new information is to **'see it'**. You appreciate a lecture with clear visual aids (slides) that support the spoken information. You like graphical or numerical data in the form of graphs and tables and you value quiet study time.

ASK Tip

If you are a Visual Learner consider the following good study habits that suit your learning style:

- Try drawing a chronological timelines to trace events or *draw* scientific processes.
- Try copying board notes.
- Try asking the teacher to draw diagrams to clarify processes or ideas.
- Try taking notes and making lists.
- Try finding and watching relevant videos related to the topic.
- Try a system of colour coding words & research notes or using highlighters to circle words or underline key ideas
- Try using flashcards for revision.

Type 2: - The Kinaesthetic Learner

Kinaesthetic learners are those who learn through **experiencing or doing** things. You're a practical type! You may find it difficult to sit still for long periods but you may prefer working in a science lab or conducting experiments. Often you will study with loud music or the television on or leave Facebook or Hotmail open on your computer browser. You might also be prone to taking frequent breaks when studying.

ASK Tip

If you are a Kinaesthetic Learner consider the following good study habits that suit your learning style:

- Try studying in short blocks
- Try taking lab based classes.
- Try role playing or joining study groups
- Try taking field trips and visiting museums to enhance the learning experience.
- Try using memory games or using flash cards to memorise information
- Even try turning off Facebook and Instagram!

Type 3: Auditory Learner

Auditory learners are those who learn best through **hearing things**. You may like to read aloud. You probably have no difficulty in sharing spoken opinions in class or seminars and you can follow spoken directions better than written instructions. You like presenting oral reports and detailed explanations orally. You're not afraid of being the centre of attention and as a result you contribute well in study groups. You're very talkative and can't keep quiet for long.

ASK Tip

If you're an auditory learner consider the following good study habits that suit your learning style:

- Try using word association to remember facts.
- Try recording lectures.
- Try watching relevant videos related to the topic.
- Try repeating facts with your eyes closed.
- Try to actively participate in group discussions.
- Try keeping a recorded voice log of 'spoken notes' as well as writing them.