

Learning Styles

A YOU ARE A VERBAL-LINGUISTIC LEARNER

Your mantra: Tell me in words -- written or spoken -- and I will understand.

Verbal-linguistic intelligence (along with logical-mathematical intelligence) is often associated with doing well in school. You have the ability to use words effectively for reading, writing, listening, and speaking. The poet has been described as the epitome of verbal-linguistic intelligence.

Tips for the way you learn:

- Use words to explain complicated subjects.
- Ask questions.
- Engage in the Socratic method, digesting information through a question-and-answer exchange.
- Hone your native ability to tell a story.

B YOU ARE A LOGICAL-MATHEMATICAL LEARNER

Your mantra: Why? Well, because it's logical.

Logical-mathematical intelligence is often what we refer to when we call someone -- such as a mathematician or an engineer -- smart. You possess the ability to understand complex problems, both logical and mathematical. This intelligence asks questions, finds solutions, and reflects on the problem-solving process.

Tips for the way you learn:

- Think about what you are trying to learn as a puzzle or a formula.
- Ask questions and allow yourself to experiment with your own hypotheses to find solutions or new answers.
- Concentrate on symbols, designs, and words to bridge mathematical and verbal logic.
- Create an outline to understand your subject step by step. Doing so will allow you to stay organized and track what you're learning in a logical sequence.

C YOU ARE A VISUAL-SPATIAL LEARNER

Your mantra: What you see is what you get.

Visual-spatial intelligence allows you to see and modify things in your mind. With an understanding of the visual world and its relation to physical items, you are good at solving spatial problems, designing, and doing crafts. Interior designers have remarkable spatial abilities, as do painters.

Tips for the way you learn:

- Use art projects to create representations of the content you are learning.
- Draw related images next to your notes (along with arrows between ideas) to create connection and reference points.
- Organize with color. Use different-colored highlighters, paper, index cards, folders, or tabs to create a visual system for finding things and grouping topics.
- Visualize your topic. When you are learning something new, imagine what it looks like.

D YOU ARE AN INTRAPERSONAL LEARNER

Your mantra: To thy own self be true.

Intrapersonal intelligence has been said to be the road to achievement, learning, and personal satisfaction. You are connected to who you are and how you feel, and you know your own limits and abilities. You often set goals for yourself, self-manage, and reflect on results.

Those with intrapersonal intelligence do well in careers where self-management is important, such as being a writer, a teacher, a counselor, a police officer, or a pilot.

Tips for the way you learn:

- Study alone in a comfortable yet quiet environment.
- Set goals for yourself, and monitor your progress regularly.
- Reflect on what you have learned, and think through new material.
- Create a connection between new material and subjects you already know, and gain understanding by finding their similarities.

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E YOU ARE AN INTERPERSONAL LEARNER

Your mantra: I understand what you mean.

Interpersonal learners thrive on social interaction. Friends often ask you for advice because you are understanding and in tune with the people around you and their motives, emotions, perspectives, and moods.

Your ability to manage relationships helps you understand situations and take a leadership role when necessary. You enjoy teaching and sharing your thoughts.

Careers that require insight and the ability to read what someone else is thinking or feeling -- such as teaching, psychology, or sales -- would be a great match for those with interpersonal intelligence.

Tips for the way you learn:

- Give and receive feedback. Talk out problems.
- Work on large-group projects so you can use your social abilities to divide up tasks and understand all aspects of the project.
- Be a part of active learning through mentoring, tutoring, or an apprenticeship. This activity will reinforce your own knowledge or abilities.

F YOU ARE A MUSICAL LEARNER

Your mantra: That sounds good to me!

You probably sing to yourself while walking down the street. Keep it up! Musical intelligence is associated with enjoying music, singing (vocalists), making music (composers), and playing an instrument (instrumentalists). You are sensitive to sounds and the emotions music conveys. You have a unique ability to know when something is off key.

Tips for the way you learn:

- Listen to music while you study to connect its patterns and sounds with the subject you are studying. Replay the same song just before a test.
- Create a rhyme, song, or chant for material you would like to memorize.
- Associate what you're learning with a song you like.
- Use your ability to distinguish sounds as well as hear the beat, tone, or chord in a song by learning an instrument or mixing sound.

G YOU ARE A BODILY-KINESTHETIC LEARNER

Your mantra: Movement is fun-damental.

Bodily-kinesthetic intelligence means you think in movements. The fundamental ability to use movements for either self-expression or precision to achieve a goal is crucial for surgeons, athletes, mimes, choreographers, and directors.

The best way for you to retain information is to associate it with an activity. Dance, acting, and sports are easy for you to master. Relate what you are trying to learn to one of these activities, and you will retain information and gain understanding.

Tips for the way you learn:

- Perform a skit to show the action of the idea you are trying to learn. Make a game out of the materials.
- Apply what you are learning to hands-on models or in-practice examples.
- Stay active when you are in a situation in which you need to concentrate. You can squeeze a stress ball when talking with someone or walk around while reading a book.

H YOU ARE A NATURALISTIC LEARNER

Your mantra: Let's investigate the natural world.

Naturalistic learners often understand the patterns of living things, and they apply scientific reasoning to the world. You recognize (and can classify) different types of plants or animals. You also empathize with animals. Some well-known careers for those with naturalistic intelligence are farmer, naturalist, animal behaviorist, and scientist.

Tips for the way you learn:

- Observe and record data.
- Create a "living system" for the material you are trying to learn. Imagine the new material as an ecosystem or a pattern for you to figure out.
- Write about nature, daily life, or people as a topic so you become engaged in your assignment.