Student Success Seminar

WELCOME

How Do You Learn?
Learning Styles & Test Anxiety
Adapted from Tarleton State University Student Success Programs
Presented by: Erika Roberson and Mallory Thomas
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What are Learning Styles?

Information enters your brain three main ways: sight, hearing and touch, the one you use the most is called your Learning Style:

- **Visual Learners** learn by sight
- **Auditory Learners** learn by hearing
- **Tactical Learners** (kinesthetic) learn by touch
Visual Learners

• Prefer to see information such as pictures, diagrams, cartoons, demonstrations
• Picture words and concepts they hear as images
• Benefit from using charts, maps, notes, and flash cards when studying
Auditory Learners

- Prefer to hear information spoken
- Can absorb a lecture with little effort
- May not need careful notes to learn.
- Often avoid eye contact in order to concentrate
- May read aloud to themselves
- Like background music when they study
Tactile or Kinesthetic Learners

• Prefer touch as their primary mode for taking in information
• In traditional lecture situations, they should write out important facts
• Create study sheets connected to vivid examples
• Role-playing can help them learn and remember important ideas

Let me touch it!
Discovering Your Own Learning Style

• Take a Learning Styles test

• Think about your favorite classes in high school or college so far. What do they have in common? Did you like…
  – mastering facts?
  – discussion?
  – working on your own?
  – lecture?
  – pairing or grouping?
  – hands-on activities?

• Do some self-analysis
Different Teaching Styles
Are they compatible with your learning style?

- Lecture – instructor talks all period
- Class Discussion – instructor leads but encourages discussion
- Small Groups – instructor facilitates learning by organizing groups of 3-5 students
- Individualized Instruction – instructor works one on one with student
Build Strengths across the Learning Styles

• Make the best use of your learning style.
• Work harder in skills that don’t come easily to you.
• Be flexible and adaptable, try new things and new ways.
• Keep growing!
Remember…

No matter what your Learning Style it is important to:

• Be involved in class – participate!
• Link classroom experience to the outside world
• Relate class concepts to your own life
• Ask questions and offer criticism
• Stimulate further relevant discussion
• Don’t get distracted – stay “on-task”
• Keep an open mind: there are many ideas beyond your own
The ABC’s of Eliminating Test Anxiety

A. Think positively
B. Take a deep breath
C. If you draw a blank don’t panic
D. Don’t look around to see what your classmates are doing
E. Prepare well for your exams
F. Keep things in perspective
Student Success Seminar

Thanks for coming!

Next Session:
Wednesday, September 15th
12:45-1:45 pm, Ybor Room

Topic:
Be Ready! Be Informed! Be Organized

Hillsborough Community College