

Knowing your strengths and your best way of learning can help you do well in your classes and help you adapt to different professors' teaching styles, too.

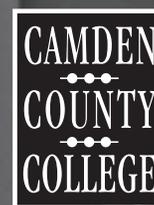
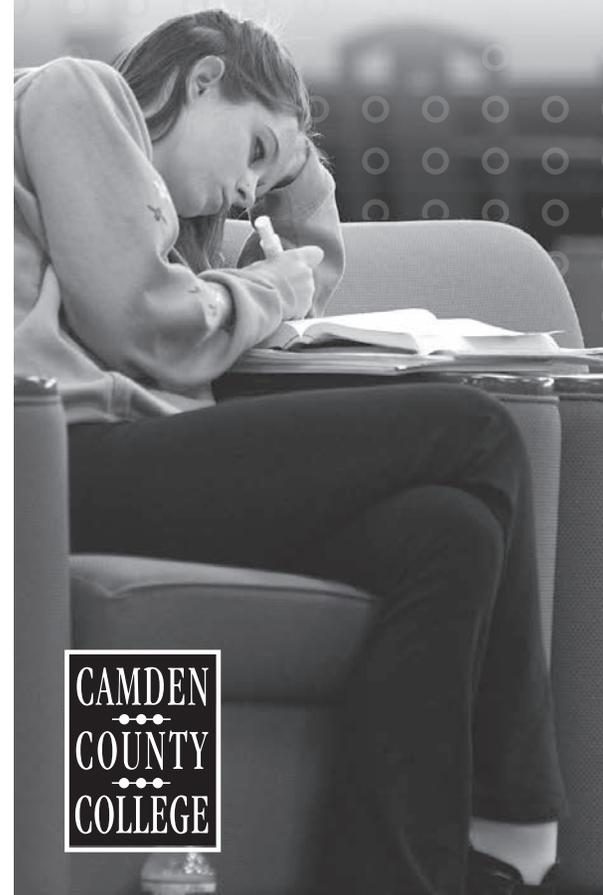
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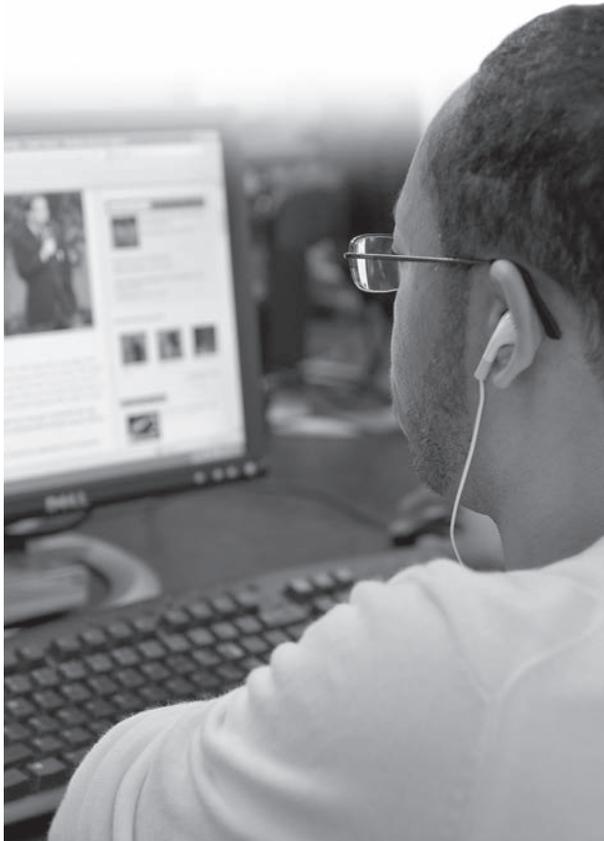
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We don't all learn the same way. Each of us has a unique set of skills and strengths. There are different ways of taking in and comprehending information. You have many different kinds of skills but you usually have one preferred way you learn best. You will probably recognize yourself in several of the descriptions that follow.



TYPES OF INTELLIGENCE

Verbal/Linguistic – using language to express yourself and understand others.

Logical/Mathematical – manipulating numbers and doing mathematical operations, analyzing problems logically and investigating issues scientifically.

Musical/Rhythmic – hearing, composing, performing and appreciating musical patterns, pitches, tones and rhythms.

Bodily/Kinesthetic – using your body or limbs to solve problems, make things or perform.

Visual/Spatial – recognizing and visualizing patterns of large or confined spaces.

Naturalistic – recognizing, categorizing and drawing upon certain features of the environment.

Intrapersonal – understanding oneself and appreciating one's feelings, fears and motivations.

Interpersonal – understanding the intentions, motivations or desires of others and working effectively with others.

Existential/Spiritual – contemplating deep questions about human existence.

Howard Gardner's Theory of Multiple Intelligences – Information reproduced with permission from the Encyclopedia of Informal Education [www.infed.org]

THE MOST COMMON LEARNING STYLES

In and out of the classroom, we interact with others, understand concepts and the world around us and gain new skills in numerous ways. Each of us has a style of doing so that we prefer. The three most common learning styles are:

- **Visual learners** prefer to have a clear picture of information. They tend to make pictures in their head of what they are hearing. They prefer illustrations and color in presentations. They learn best by seeing and looking.

- **Auditory learners** prefer to take in information through hearing and listening. They usually sit where they can hear what is being said in a classroom. They like to read aloud or listen to someone else read aloud and they prefer verbalizing their understanding. They learn best by talking and having conversations.

- **Tactile/Kinesthetic learners** take in information through touch or physical activity. They speak with their hands and make a lot of gestures. They rely mostly on what they experience rather than what they have seen or heard and they need to move around. They tend to sit near the door or someplace they can get up. They prefer to have hands-on experiences.

KNOW THE WAY YOU LEARN AND USE IT TO YOUR ADVANTAGE

Once you are aware of your strongest skills and the way you learn best, you can approach your classes in the best way for success.

- **Visual learners** are good at processing what they see and visualizing what they hear. Tips: sit up front, take a lot of notes, transfer words into diagrams, bring visual aids to class such as highlighters and colored Post-its, make flash cards and take a picture of what is on the board or screen if allowed.

- **Auditory learners** are good at processing what they hear and expressing it in conversation. Tips: listen to on-line tutorials, record lectures if allowed, discuss material in a study group and talk through a problem aloud.

- **Tactile/Kinesthetic learners** like to do activities that are modeled or use their hands to try new things. Tips: copy key points and transfer to larger surfaces (boards, easels, posters), take lab courses or classes with field trips and activities, solve problems by trial and error and listen to audio recordings while exercising.