

Day 1 How to Study for and Take Tests

Name: _____

Date: _____

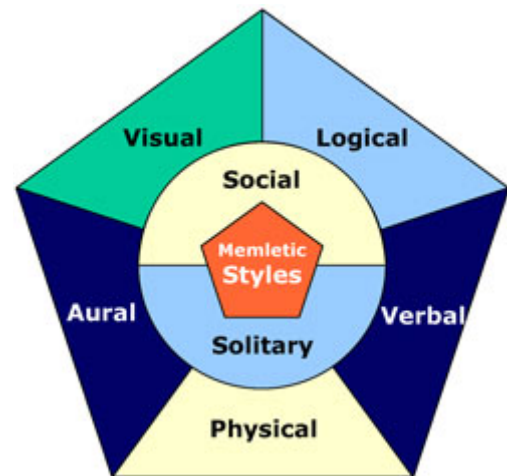
Are you a student looking to build good study habits? Is your daily routine not as effective as it could be?

Maybe it's time to follow a new study schedule that will help you better retain material, manage your time and even help you improve your concentration and focus.

Good Study Habit #1 - Know Your Dominant Learning Style

It's important to know that there are many different styles of learning and each person will retain information better in different ways.

- As you can see, visual learners learn best when pictures, images, and spatial understanding is used.
- Auditory learners prefer using music, sounds or both.
- Kinesthetic learners prefer a more physical style of learning through using the body, sense of touch and hands.
- Logical learners desire to use reasoning, logic and systems.
- Verbal learners will prefer using words in writing and speech.
- Social learners will prefer to learn with other people or in groups.
- Solitary learners are able to learn best alone.



Once you have figured out which style of learning works best for you, it will help you determine how to study, where to study, when to study and other important factors like what study aids you should use and be aware of, and knowing what things may distract you while you are trying to study.

Overview of Learning Styles

Many people recognize that each person prefers different learning styles and techniques. Learning styles group common ways that people learn. Everyone has a mix of learning styles. Some people may find that they have a dominant style of learning, with far less use of the other styles. Others may find that they use different styles in different circumstances. There is no right mix. Nor are your styles fixed. You can develop ability in less dominant styles, as well as further develop styles that you already use well.

Many people recognize that each person prefers different learning styles and techniques. Learning styles group common ways that people learn. Everyone has a mix of learning styles. Some people may find that they have a dominant style of learning, with far less use of the other styles. Others may find that they use different styles in different circumstances. There is no right mix. Nor are your styles fixed. You can develop ability in less dominant styles, as well as further develop styles that you already use well.

Using multiple learning styles and multiple intelligences for learning is a relatively new approach. This approach is one that educators have only recently started to recognize. Traditional schooling used (and continues to use) mainly linguistic and logical teaching methods. It also uses a limited range of learning and teaching techniques. Many schools still rely on classroom and book-based teaching, much repetition, and pressured exams for reinforcement and review. A result is that we often label those who use these learning styles and techniques as bright. Those who use less favored learning styles often find themselves in lower classes, with various not-so-complimentary labels and sometimes lower quality teaching. This can create positive and negative spirals that reinforce the belief that one is "smart" or "dumb".

By recognizing and understanding your own learning styles, you can use techniques better suited to you. This improves the speed and quality of your learning.

The Seven Learning Styles

- **Visual (spatial):** You prefer using pictures, images, and spatial understanding.
- **Aural (auditory-musical):** You prefer using sound and music.
- **Verbal (linguistic):** You prefer using words, both in speech and writing.
- **Physical (kinesthetic):** You prefer using your body, hands and sense of touch.
- **Logical (mathematical):** You prefer using logic, reasoning and systems.
- **Social (interpersonal):** You prefer to learn in groups or with other people.
- **Solitary (intrapersonal):** You prefer to work alone and use self-study.

Why Learning Styles? Understand the basis of learning styles

Your learning styles have more influence than you may realize. Your preferred styles guide the way you learn. They also change the way you internally represent experiences, the way you recall information, and even the words you choose. We explore more of these features in this chapter.

Research shows us that each learning style uses different parts of the brain. By involving more of the brain during learning, we remember more of what we learn. Researchers using brain-imaging technologies have been able to find out the key areas of the brain responsible for each learning style.

For example:

- **Visual:** The occipital lobes at the back of the brain manage the visual sense. Both the occipital and parietal lobes manage spatial orientation.
- **Aural:** The temporal lobes handle aural content. The right temporal lobe is especially important for music.
- **Verbal:** The temporal and frontal lobes, especially two specialized areas in the left hemisphere of these two lobes.
- **Physical:** The cerebellum and the motor cortex (at the back of the frontal lobe) handle much of our physical movement.
- **Logical:** The parietal lobes, especially the left side, drive our logical thinking.
- **Social:** The frontal and temporal lobes handle much of our social activities. The limbic system (not shown apart from the hippocampus) also influences both the social and solitary styles. The limbic system has a lot to do with emotions, moods and aggression.
- **Solitary:** The frontal and parietal lobes, and the limbic system, are also active with this style.

THE 7 STYLES OF LEARNING

VISUAL (SPATIAL):

You prefer using pictures, images, and spatial understanding.

- Use images, pictures, color and other visual media to help you learn
- Use color, layout, and spatial organization in your associations, and use many 'visual words' in your assertions.
- Use mind maps
- Replace words with pictures, and use color to highlight major and minor links

AURAL (AUDITORY-MUSICAL):

You prefer using sound and music.

- Use sound, rhyme, and music in your learning
- Use sound recordings to provide a background and help you get into visualizations
- When creating mnemonics or acrostics, make the most of rhythm and rhyme, or set them to a jingle or part of a song
- If you have some particular music or song that makes you want to 'take on the world,' play it back and anchor your emotions and state.

VERBAL (LINGUISTIC):

You prefer using words, both in speech and writing.

- Try the techniques that involve speaking and writing
- Make the most of the word-based techniques such as assertions and scripting
- Record your scripts using a tape or digital audio recorder (such as an MP3 player), and use it later for reviews
- When you read content aloud, make it dramatic and varied
- Try working with others and using role-playing to learn verbal exchanges such as negotiations, sales or radio calls

PHYSICAL (KINESTHETIC)

You prefer using your body, hands and sense of touch.

- Focus on the sensations you would expect in each scenario
- For assertions and scripting, describe the physical feelings of your actions.
- Use physical objects as much as possible
- Keep in mind as well that writing and drawing diagrams are physical activities
- Use role-playing, either singularly or with someone else, to practice skills and behaviors

SOLITARY (INTRAPERSONAL):

You prefer to work alone and use self-study.

- You prefer to learn alone using self-study
- Align your goals and objectives with personal beliefs and values
Create a personal interest in your topics
- When you associate and visualize, highlight what you would be thinking and feeling at the time
- You drive yourself by the way you see yourself internally
- Modeling is a powerful technique for you
- Be creative with role-playing
- Your thoughts have a large influence on your performance and often safety

SOCIAL (INTERPERSONAL):

You prefer to learn in groups or with other people.

- Aim to work with others as much as possible
- Role-playing is a technique that works well with others, whether its one on one or with a group of people
- Work on some of your associations and visualizations with other people
- Try sharing your key assertions with others
- Working in groups to practice behaviors or procedures help you understand how to deal with variations

LOGICAL (MATHEMATICAL)

You prefer using logic, reasoning and systems.

- Aim to understand the reasons behind your content and skills
- Create and use lists by extracting key points from your material
- Remember association often works well when it is illogical and irrational
- Highlight your ability to pick up systems and procedures easily
- Systems thinking helps you understand the bigger picture
- You may find it challenging to change existing behaviors or habits
- If you often focus from analysis paralysis, write 'Do It Now' in big letters on some signs or post-it notes



Name: _____ Date: _____

Study Skills Assessment

1	3	5
Never	Usually	Always

Assess your study habits in each category. Total up each section, and any section with a score of 17 points or less indicates an area of weakness

Time Management

1. I have a set time each day when I study.	
2. I prepare a "to do" list each day.	
3. My school work comes before my social events.	
4. I begin major assignments in advance.	
5. I prepare for tests by learning a small amount for several days in advance, instead of one long study session the night before an assessment.	
Total	

Study Aids

1. I have a system for reminding me of tasks I must complete.	
2. My notebooks are neat and organized.	
3. I summarize my notes.	
4. I do quick reviews of my notes often.	
5. I use flashcards when studying vocabulary or a large number of topics.	
Total	

Workspace

1. I have a space dedicated to quiet study.	
2. My study space is free from distractions, i.e., noise, phones, TV, etc.	
3. My cell phone is turned off while I study.	
4. I have all my supplies, notebooks, computer, and books all within reach at my study space.	
5. I use my study space consistently.	
Total	

Test Strategies

1. I carefully read and follow exam questions and all directions.	
2. If I don't understand a question I move on and not waste time trying to find a solution.	
3. I go back and check my work after finishing my test.	
4. I prepare in advance for all of my tests, exams, or quizzes.	
5. When preparing for a test or exam I try to find out what the exam will cover.	

Motivation

1. I try to make good grades for myself and not just to please others.	
2. I try to sit near the front of the class if possible.	
3. I look at the instructor when he/she is speaking to the class.	
4 I complete my assignments before class.	
5. I don't text or check email, Instagram or Facebook during class.	
Total	

Organization

1. I keep a calendar for my school activities, tests, projects, and meetings.	
2. I remember to turn in all assignments.	
3. I have a system that reminds me to turn in assignments. (phone, agenda, calendar, etc.)	
4 My notebooks are divided into sections and kept orderly.	
5. I arrive to class with all of my supplies consistently.	
Total	