

# Learning Styles

Get the most out of your study time! Maximize your efficiency by identifying your learning style, and understanding the best way for you to learn and retain information. Because you may learn in more than one way, check off all the indicators that apply to you. Next time you're studying, use the tips at the bottom of the page that match your styles.

## VISUAL

- I learn best when using images, pictures, videos, color, or other forms of visual media.
- A lecture class with no visuals may be hard for me to sit through.
- I work best when my environment is clean, in order, and visually appealing.
- I work well with maps and diagrams, and prefer textbooks with images.
- I usually remember things when they are written down.

## AUDITORY

- I learn best when I hear information or use music/sound.
- I tend to notice the tone of people's voices, their pitch and tempo when they are speaking.
- I prefer to have someone give me instructions verbally, rather than reading or writing them down.
- I do well in lecture courses or discussion, but have a hard time with recalling information that I read.
- I find myself reading out loud when I'm studying.

## LEARNING STYLES

- I like and learn best when doing hands-on activities.
- If I have to assemble something, I prefer to dive right in rather than reading instructions.
- I have a hard time sitting through lectures and prefer classes with labs or activities.
- I prefer to have instructors who move around the classroom, rather than standing or sitting in one place.
- I like being physically active.

## HANDS-ON

Now that you know your style, check out the tips below and check any you would like to try the next time you're studying.

### VISUAL LEARNERS

- Use highlighters, stickers, and symbols while taking notes or reading.
- Utilize various forms of visual information when having difficulty with a concept. Videos, diagrams, and infographics may be helpful.
- Use flashcards with distinct visual cues to help you recall the whole image during an exam.

### AUDITORY LEARNERS

- Inform your instructor that you are an auditory learner, and ask for permission to record lectures for better recall.
- Find a space where you can read out loud without disrupting others.
- Record your lectures or notes and listen to them while doing other tasks, like cleaning or working out.

### HANDS-ON LEARNERS

- Make sure to take notes.
- Use flashcards to study for exams and quizzes.
- Listen to recorded lectures or notes while cleaning or working out (or moving in general).
- Take a walk with a friend and quiz each other on class material.

# Why Are YOU Procrastinating?

Procrastination comes in many forms. Use this flowchart to help you determine the cause of your procrastination, and what you can do to overcome it. Start by reading the quotes at the top of the chart and checking off anything that sounds like you. Follow the arrows from there to find your solution.

## CHECK ALL THAT APPLY

- "I have so much to do; I don't even know where to start."
- "There's no way I can get this done in time."

### Feeling Overwhelmed

#### SUGGESTIONS

- Break large assignments up, so they are smaller and more manageable.
- Use a planner to help you manage your time.
- Create a schedule. Having a regular study schedule will make it easier to get started and stay focused.
- Give yourself plenty of time to work on your assignments.

## CHECK ALL THAT APPLY

- "I really should work on my paper, but I need to do laundry."
- "I'll just respond to this text really fast."
- "I can always do my assignment later."

### Dealing with Distractions

#### SUGGESTIONS

- Choose a study location where you will be the most productive, and study there as much as possible.
- Turn off cellphones and internet access if not needed.
- Create a schedule. Having a regular study schedule will make it easier to get started and stay focused.
- Set boundaries. Let others know that you won't be available during study time.

## CHECK ALL THAT APPLY

- "I don't know what I'm supposed to do."
- "These instructions don't make sense."
- "I don't know how to do this."

### Need More Information

#### SUGGESTIONS

- Go back through the syllabus or instructions to make sure you're not missing something.
- Go to professor's office hours for clarification and guidance. If you can't make it to office hours, try catching them before or after class, or e-mailing.
- Make sure to ask for clarification early.

## CHECK ALL THAT APPLY

- "I just don't want to do this."
- "I don't care if I pass this class or not."
- "This is so boring."

### Loss of Motivation

#### SUGGESTIONS

- Keep your ultimate goal in mind, and remind yourself of it often.
- Surround yourself with people and places that remind you of what you want and whom support you.
- Meet with a counselor to help you resolve more serious issues affecting your motivation.

## CHECK ALL THAT APPLY

- "It doesn't matter if I study, I'm not going to do well anyway."
- "What if I don't get a good grade?"
- "Nothing I do is good enough."

### Fear of Failure

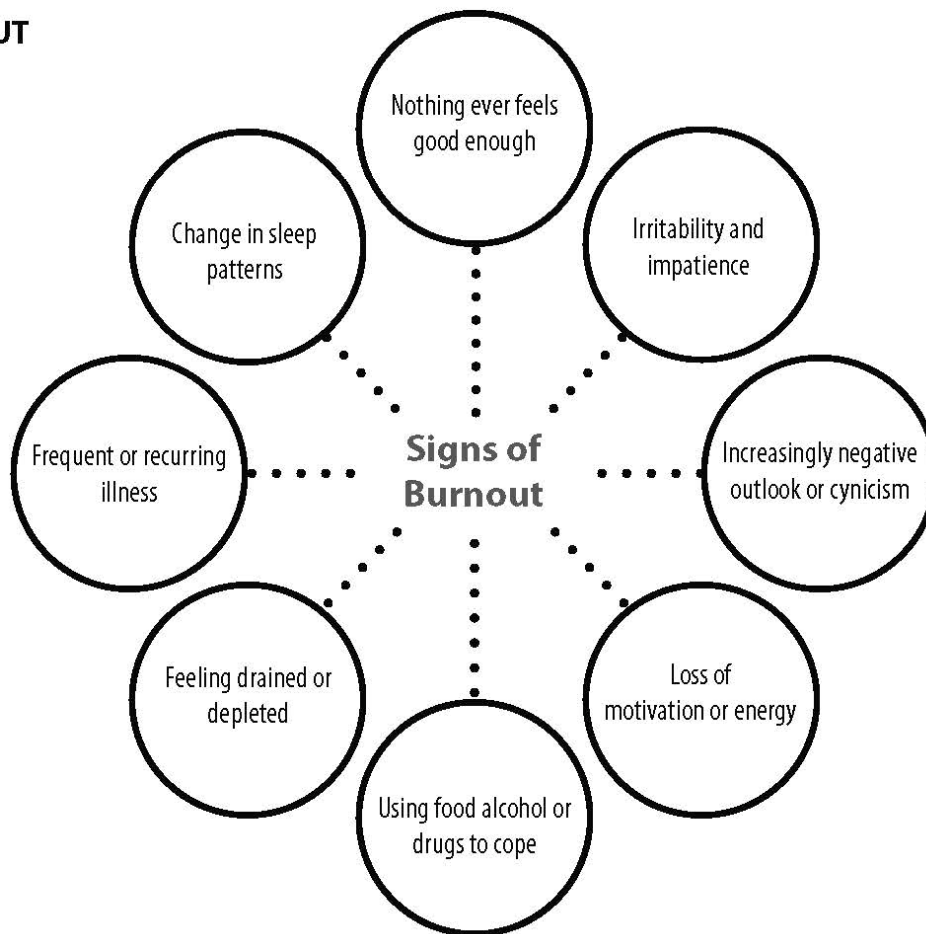
#### SUGGESTIONS

- Rethink your and other's expectations. Are they unrealistic?
- Remember that progress is more important than perfection.
- Remember that "failure" is part of the learning process. Learning from our mistakes can make us stronger.

# Coping with Stress & Burnout

Burnout is a serious issue that can affect your mental and physical health, as well as your ability to meet your educational, personal and career goals. It occurs when you have excessive stress that lasts for a long period of time, and can lead to depression, feelings of hopelessness, and major loss of motivation. Unchecked stress and symptoms of burnout can have a major, negative impact on your life, and should be dealt with right away.

## SIGNS OF BURNOUT



## PREVENTING BURNOUT

**Find better ways to cope with stress.** There are always going to be stressful situations in life, and the way you deal with these situations can make a big difference in your overall health and ability to succeed. Identify at least two positive ways to deal with stress below:

1. \_\_\_\_\_
2. \_\_\_\_\_

**Learn to relax.** Take a break and recharge your batteries. Make sure that you're on top of your time management so that your leisure time truly belongs to you and not your worries. What do you think will help you relax?

1. \_\_\_\_\_
2. \_\_\_\_\_

**Take care of your mind and body.** Even making small changes to your eating, sleep and exercise habits can make a huge difference in your mood. List two small things you can do this week to make a change:

1. \_\_\_\_\_
2. \_\_\_\_\_

**Set boundaries.** It's okay to say no. Overloading yourself will only make the situation worse. What are two ways you can start to set boundaries for yourself in the next few weeks?

1. \_\_\_\_\_
2. \_\_\_\_\_

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