V – A – K

Be aware of your brain’s preference, but know that your brain learns best when it receives information through all three sensory channels—so look, listen, and move while you learn!

Visual – If you have a strong visual preference, pictures, graphs, charts, and other organizational tools are most helpful. These learners want to see the information to be learned and can visually represent it with ease. Visual learners learn best when information is graphically represented. They need a big picture and purpose, and remain cautious until the picture is mentally clear. Visual learners remember what was seen.

Visual learners use expressions like:
- “Picture this . . .”
- “Looks like . . .”
- “See . . .”
- “Focus here . . .”

Auditory – If you have an auditory preference, you learn most efficiently when you hear the information. These students learn as if they have a tape recorder in their head to which their learning is sequenced. They retrieve information exactly the way they heard it. Auditory learners learn best when they have the opportunity to recite information aloud and remember best what was discussed.

Auditory learners use expressions like:
- “Sounds like . . .”
- “Rings a bell . . .”
- “Listen . . .”
- “Hear it loud and clear . . .”

Kinesthetic – If you have a kinesthetic preference, you learn best with physical manipulation of information. These students learn by hands-on experience and memorize through actions related to the content. Kinesthetic learners remember an overall impression of what was experienced.

Kinesthetic learners use expressions like:
- “Grasp the concept . . .”
- “I get it . . .”
- “Feel warm . . .”
- “Slipped my mind . . .”