Your brain learns best when it receives information through your visual, auditory, and kinesthetic learning channels — so look, listen & speak, and move while you learn!

**Visual — LOOK**
Seeing and reading information, either in written formats or in charts, graphs, pictures, or other visual modes are the keys to utilizing this channel for learning.

**Auditory — LISTEN & SPEAK**
Listening and vocalizing are the keys for this learning channel. Lectures are great for this channel, as well as repeating information out loud to another, or talking to yourself!

**Kinesthetic — MOVE**
This channel is about learning through experience and actions. It involves touching, doing, feeling, holding, and practical hands-on experiences.