Every one of us takes in information through visual, auditory, and kinesthetic sensory input channels. Visual information is processed and stored in our visual cortex, auditory information is processed and stored in our temporal lobes, and kinesthetic information from movement and touch is processed and stored in our motor cortex. Although each of us learns using all three of these dominant sensory input channels, we can build a preference for one over the others when it comes to learning and studying habits.

Incorporating all three of our dominant sensory input channels is a tremendous advantage in learning. At SuperCamp, we identify which sensory input channel we prefer and build strength through adding strategies to it that incorporate the other two input channels. The key is to match the right strategy to the right learning situation. (Please note that in Junior Forum we refer to our sensory input channels as See-Say-Do. They are not covered in the same depth as in Senior Forum but the essence of each is the same.)

Visual – If you have a strong visual preference, pictures, graphs, charts, and other organizational tools are most helpful.
Visual strategies help learners to see the information to be learned and visually represent it with ease.

Visual strategies include:
- Use a variety of colors when taking notes
- Add pictures and symbols to notes
- Ask for feedback from teachers in writing

Auditory – If you have an auditory preference, you learn most efficiently when you hear or say the information aloud.
Auditory strategies help learners to recite information and remember what was discussed based on how they originally heard the information.

Auditory strategies include:
- Set time aside every day to talk about what was learned
- Read notes aloud when reviewing or studying
- Ask to speak with teachers for feedback

Kinesthetic – If you have a kinesthetic preference, you learn best with physical manipulation of information.
Kinesthetic strategies help learners use hands-on experience and memorize through actions related to the content.

Kinesthetic strategies include:
- Make learning tangible by creating models or diagrams
- Connect meaningful body motions to learning
- Ask for feedback by having teachers walk me through examples