

Study Skills in Action

Knowing Your Preferred Learning Modality

Math is a specific system of rules, properties, and calculations used to solve problems. However, you can take different approaches to learning this specific system based on learning modalities. A learning modality is a preferred way of taking in information that is then transferred into the brain for processing. The three modalities are *visual*, *auditory*, and *kinesthetic*. The following are brief descriptions of these modalities.

- **Visual** You take in information more productively if you can see the information.
- **Auditory** You take in information more productively when you listen to an explanation and talk about it.
- **Kinesthetic** You take in information more productively if you can experience it or use physical activity in studying.

You may find that one approach, or even a combination of approaches, works best for you.

Smart Study Strategy

Use Your Preferred Learning Modality

Visual Draw a picture of a word problem.

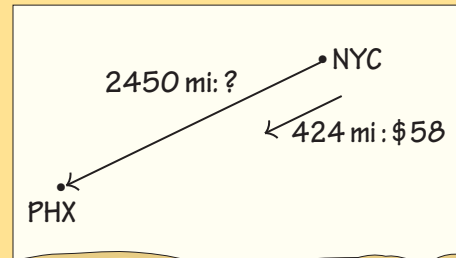
- Draw a picture of a word problem before writing a verbal model. You do not have to be an artist.
- When making a review card for a word problem, include a picture. This will help recall the information while taking a test.
- Make sure your notes are visually neat for easy recall.

Auditory Talk about a word problem.

- Explain how to do a word problem to another student. This is a form of thinking out loud. Write the instructions down on a review card.
- Find several students as serious as you are about math and form a study group.
- Teach the material to an imaginary person when studying alone.

Kinesthetic Incorporate a physical activity.

- Act out a word problem as much as possible. Use props when you can.
- Solve a word problem on a large whiteboard—the physical action of writing is more kinesthetic when the writing is larger and you can move around while doing it.
- Make a review card.



"It takes \$58 worth of gas to travel 424 miles. To find the cost of traveling 2450 miles, I can set up and solve a proportion."

