Learning Styles - Visual

Visual learners require seeing. You form pictures and often see words spelled in your head or problems worked or situations happening in your mind. You may have a private movie screen that you watch. When understanding something you might say, “I see,” and you do “see it” in your mind. You often forget verbal requests unless you write lists and reminders and put them where they can be seen. You may speak slowly because of the difficulty of putting into words what you see in your mind. For you, one of the things you will be doing to be a successful student will be talking lots of notes, including notes on what the teachers say.

Tips:

- Sit in the front of classrooms so you can see everything and not be distracted by movement around you. Avoid doorways and windows since you may be tempted to watch what is going on outside.
- Choose what you'll see in your workspaces to avoid needless distractions, i.e. don’t work in a cluttered or visually distracting environment (like in front of the TV).
- Take notes in class. To help make the most of your notes:
  - Use highlighters or colored pens to emphasize topics and words, such as definitions.
  - You may want to recopy your notes in order to go through them again and to organize them so that they are visually pleasing.
  - Keep your work organized and accessible – this will make you feel accomplished and less overwhelmed when you sit down to do work outside of class.
  - Be consistent with your notes – If you choose to highlight definitions in green, don’t switch to pink later on.
  - Don’t miss class. You need the notes to stay on top of the material and seeing the teacher work out problems will help you remember how to do them.
- Make to do lists of tasks you want to accomplish and check them off as you complete them.
- Make flashcards of definitions or words. This is a good visual exercise you can use whenever you have a free moment.
- Use colored post-it notes to remind you of important things, i.e. tests, quizzes, or projects.
- Try to associate topics you want to remember to visual images.
- Write explanations down – you need to see them in order to remember them.
- CD or DVDs the publisher might include with the book may have videos you can watch in order to reinforce a topic.
- Draw a picture, graph or chart to visually demonstrate something.