AURAL STRATEGIES

KEYWORDS: listening, talking, discussing, questioning.

People with an AURAL preference like:

Listening:

- to people with authority or knowledge
- to podcasts, videos, and audiobooks
- to interesting SPOKEN examples, anecdotes, and jokes
- to VERBAL instructions
- to verbal feedback
- to their own SELF-TALK

Talking:

- putting forward their POINT OF VIEW
- using their VOICE in different ways for emphasis
- EXPLAINING their understanding to others
- recording their voice

Discussing:

- talking things over and BRAINSTORMING ideas
- QUESTIONING, arguing, and debating
- commenting on the ideas or opinions of others
- joining and contributing to DISCUSSIONS – in person, or online
- using their phone to have CONVERSATIONS

IN A NUTSHELL: **The written word is not as meaningful as the words you HEAR. You will want to DISCUSS this with someone.**

Using AURAL STRATEGIES in:

EDUCATION

- Attend classes, discussions, and tutorials.
- Leave spaces in your notes for later recall and 'filling' with details you may have missed.
- Explain your notes and new ideas to another person.
- Reduce 3 pages of your notes to 1.
- Read aloud your summarized notes; record and listen to them.
- Ask questions and discuss topics with your teachers and other students.
- Obtain feedback about your understanding by listening to comments from others.
- Use rhymes and mnemonics to remember concepts.
- Practice previous exam papers and speak your answers aloud.
- Imagine talking with the examiner.

The WORKPLACE

- Listen to and ask questions of consultants, facilitators, leaders, and experts.
- Participate in discussions, focus groups, workshops, meetings, and other information-sharing opportunities.
- Join colleagues for coffee breaks and informal conversations.
- Join online chats and listen to podcasts about your area of expertise.
- Attend live training sessions where you can present any findings and report back orally.
- Speak from your written notes and allow for colleagues' questions and feedback.
- Use your voice in different ways to emphasize your points.
- Argue a point of view and refine your ideas by listening to the views of others.

"When people talk, listen completely."

~ Ernest Hemingway

visual * aural * read/write * kinesthetic

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KINESTHETIC STRATEGIES

Key words: Senses, practical exercises, experiences, examples, case studies, trial & error.

People with a KINESTHETIC preference like:

- ACTION – making things happen
- solving problems PRACTICALLY
- RECALLING previous experiences
- REAL LIFE examples
- MEASURABLE outcomes
- TEAM WORK

To TAKE IN information use:

- all of your SENSES - sight, hearing, touch, taste & smell
- a HANDS-ON approach
- TRIAL & ERROR - practice, practice, practice
- REAL LIFE examples & personal stories
- displays, collections, photos & videos of REAL things
- autobiographies & documentaries
- surveys, field trips & interviews

To PRESENT information:

- focus on the REAL things that happened
- use plenty of EXAMPLES when you talk, discuss, present or write
- use previous EXPERIENCE as the basis for decision-making
- RECALL exactly what happened
- stay in the HERE & NOW

IN A NUTSHELL: **Ideas need to be PRACTICAL & RELEVANT to you. You need to DO things to understand them.**

Using KINESTHETIC STRATEGIES in:

EDUCATION

- Expand your notes with details you missed.
- Talk about your notes with another KINESTHETIC learner.
- Reduce 3 pages of your notes to 1.
- Use case studies, photos and applications to help with principles and abstract concepts.
- Attend laboratories & field trips and review what you learned.
- Recall previous successful learning experiences.
- Practice solutions to problems from previous exam papers.

The WORKPLACE

- Use REAL LIFE examples to explain and simplify principles.
- Recall all the details of a project.
- Attend on-site visits, “walk-arounds”, displays & expos.
- Participate in on-the-job training.
- Practice what you have learned.
- Use role-plays to get ideas across.
- Use videos & photos of real-life action.
- Join trials & pilot schemes.
- Feedback is based on specific examples.

“I hear and I forget. I see and I remember. I do and I understand.” ~ Confucius

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READ/WRITE STRATEGIES

KEY WORDS: LISTS, NOTES and TEXT in all formats, both paper and on screen.

People with a READ/WRITE preference like:

PRINTED words
READING and WRITING
Taking NOTES and making LISTS
STRUCTURE, order and clarity
WORDS with interesting sources and definitions
Using the right words correctly.

To TAKE IN information use:

- LISTS – ordered, numbered, or with bullet points
- TITLES and HEADINGS
- dictionaries and online tools to find the BEST WORDS
- books, articles, manuals, hand-outs, reading lists
- definitions, constitutions, legal documents, minutes, and rules
- WRITTEN NOTES from what others have said or written

To PRESENT information:

- use WRITING to think through and clarify ideas
- REWRITE principles and ideas in your own words
- LIST items in categories, ordered by importance
- spell-check
- provide WRITTEN information for others to read
- use a wide range of PRINT media

IN A NUTSHELL: **If it isn't in print, it doesn't exist. You will want to READ about this and WRITE down your ideas.**

Using READ/WRITE STRATEGIES in:

EDUCATION

- Read textbooks, manuals, and assigned readings.
- Use lists, glossaries, and dictionaries.
- Translate ideas and principles into other words.
- Organize diagrams, charts, and graphs into words.
- Write essays in structured paragraphs, with introductions and conclusions.
- Organize your notes into points according to hierarchies.
- Reduce 3 pages of your notes to 1 by removing unnecessary details.
- Rewrite notes repeatedly.
- Reread notes (silently) repeatedly.
- Write exam answers for practice.

The WORKPLACE

- In meetings, make lists of actions and desired outcomes.
- As you listen, summarize what is said in your own notes and lists.
- Order points by category and importance.
- Create plans or frameworks to organize information.
- Analyze detailed results in tables.
- Read and contribute to business articles, journals, and online posts.
- Refer to definitions, constitutions, legal documents, minutes, and rules.
- Regularly read new material in online forums.
- Give and receive feedback in written form.

"My task ... by the power of the written word (is) to make you hear, to make you feel ... to make you see."

~ Joseph Conrad (novelist)

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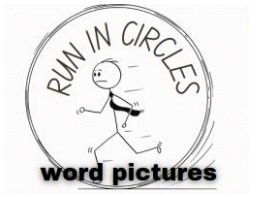
VISUAL STRATEGIES

KEYWORDS:
design, layout, graphics & format - the BIG PICTURE

People who prefer to learn

NOTE: Visual strategies do NOT include videos & photos showing real life. These are more helpful to those with a Kinesthetic or Aural preference.

They organize and emphasize information using:



"The soul never thinks without a picture."

~ Aristotle ~

In a nutshell:

You are holistic. You want the whole picture - the BIG picture first! You are probably going to DRAW something.

EDUCATION

- Replace keywords with symbols or diagrams.
- Reconstruct notes using images, colors, fonts, and different spatial layouts.
- Review your notes and look for patterns.
- Reduce 3 pages of your notes to 1.
- Redraw your notes from memory.
- Restore your visuals back into words.

the WORKPLACE

- Include images, colors, fonts, and different layouts in your presentations.
- Use freehand drawings to communicate ideas.
- Use charts and diagrams to analyze and understand data.
- Remember – not everyone has a Visual preference like you.