



Learning from the Inside & Out

ACADEMIC SUCCESS OFFICE

FEBRUARY 24, 2015

How do you learn best?

- ▶ What learning style do you gravitate towards?
- ▶ What are ways you can use this style to your advantage?
 - ▶ Study methods
 - ▶ Partnering with complementary styles
 - ▶ Strengthening other styles

VARK Inventory

- ▶ Take inventory
- ▶ Scoring of Inventory
- ▶ Theories Behind and Results
- ▶ How to utilize your results

Memory Palace

- ▶ What is it?
- ▶ How is it useful?
- ▶ Example of a memory palace

Critical Thinking Skills

- ▶ Memorization and rote knowledge less important in college
- ▶ Expectation is to critically analyze and look at relationships within material
- ▶ How do you develop these skills?
 - ▶ Read not just for information, but for patterns and underlying meanings
 - ▶ Pay careful attention to themes
 - ▶ Take notes and compare them to class discussions

Study techniques- Learning Style Oriented

- ▶ Auditory Learners
 - ▶ Listen to material
 - ▶ Read it out loud
 - ▶ Discuss material with others in study groups
- ▶ Visual Learners
 - ▶ Read material ahead of time
 - ▶ Take notes so you have visual reminders of material

Study techniques- Learning Style Oriented

▶ Kinesthetic Learners

- ▶ Use all of your senses
- ▶ Understand you may take notes poorly, but put examples into note summaries and uses pictures
- ▶ Talk with others with same learning style

▶ Read/Write Learners

- ▶ Write out the words again and again
- ▶ Reread notes silently
- ▶ Rewrite ideas into other words

Questions??

- ▶ Academic Success Office
 - ▶ 114 Augustine Hall
 - ▶ soster@udallas.edu
 - ▶ 972-656-9779 Text Messages