

Suggestions for Visual Learners

You will learn best when you read or see the information. Learning from a lecture may not be as easy unless you take notes. You need to write and see what you have written. You learn best from books, pictures, reading, writing notes, video, and computer information. Try some of these suggestions and create some more that will work for you.

++ Write things down because you remember them that way (dates, lists, quotes, etc.) Plan and organize your thoughts by writing them down.

++ Look at the person who is speaking. It will help you to stay focused.

++ It's usually best to work in a quiet place by yourself because visual disorder and movement distract you.

++ Take lots of notes. Leave extra space if some details were missed. Borrow a dependable student's notes or teacher's notes if you are absent.

++ Copy your notes over again. Rewriting helps recall and retention of information.

++ Use color to highlight main ideas in your notes, textbooks, handouts, etc. Underline, italicize or bold this information on the computer.

++ Before reading an assignment set a specific study goal and write it down. Post it in front of you. Example, "From 7:00-7:30, I will read the first chapter." Take a short break when you accomplish the goal.

++ Preview a chapter before reading by first looking at all of the pictures and captions, section headings, questions (if provided).

++ Select a seat furthest from the door and window and toward the front of the class, if possible, so that you can look at the person who is speaking.

++ Write vocabulary words in color on index cards with short definitions on the back. Look through them frequently, write out the definitions again, and check yourself.

++ Sight word readers who form configuration imprints in their brains often mistake words that have similar shapes, e.g. 'word' and 'ward'.

++ Visualize goals, skills, words, problems, etc. in your mind.

++ On a field trip look at what the guide is describing.