

Kinesthetic

A kinesthetic learner will learn best by touching, doing or moving. Try to think physically by:

- Discussing ideas with friends;
- Putting different arguments and ideas on separate pieces of paper when planning essays, allows you to physically organise your answer;
- Going over information in your mind while walking, jogging or swimming;
- Using colour or draw pictures and diagrams alongside written notes;
- Moving around your environment during independent study time.

Multi-sensory Learning

It doesn't matter how you learn as long as you use the methods which suit you. However, a combination of the use of all the senses is the best way to learn.

It appears that on average you will remember:

20% of what you read;
30% of what you hear;
40% of what you see;
50% of what you say;
60% of what you do.

But you will remember 90% of what you say, hear, see and do.

Multi-sensory learning can help anyone to enhance the experience of learning and improve recall of important information. Information is received by the brain through the sensory channels. These channels are:

- Visual
(seeing information)
- Auditory
(hearing information)



- Kinesthetic
(touching, moving or doing)
 - Olfactory
(smelling and making associations related to smell)
 - Taste
(what we experience from the mouth and tongue)
- * good lighting.
- Break large tasks into smaller manageable chunks.
 - Eat regularly and drink plenty of water.
 - Use technology to help you:
 - * Personal Computer;
 - * Tape, digital or minidisk recorders;
 - * Assistive software.

Consider how strongly a smell, taste or hearing a piece of music can remind you of a previous situation or event. This is because all your sensory channels have worked simultaneously to link into your emotions to create that experience.

Multi-sensory learning involves activating as many of the senses as possible at the same time to aid understanding and recall.

Other study tips for effective learning

- Remember to take regular breaks.
- Create or choose an environment which suits your learning needs:
 - * limit noise and distraction;
 - * room temperature is not too hot or too cold;
 - * comfortable seating arrangement;



A Guide to Learning Styles

Remember the key to effective study is to stop procrastinating and just start. In order to improve grades you need good study habits that work for you. If you need help don't forget to ask your home form teacher, subject teacher or Head of Senior Years Curriculum.

These notes have been adapted from:
http://www.jcu.edu.au/wiledpack/modules/fsi/JCU_090460.html
subjects

OTHER HELPFUL SITES:

http://www.jcu.edu.au/wiledpack/modules/fsi/JCU_090460.html
<http://learning-styles-online.com/overview/>
<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>
<http://vark-learn.com/the-vark-questionnaire/>
<http://www.edutopia.org/multiple-intelligences-assessment>



Learning Styles

MacKillop Catholic College's Senior Years curriculum is centred on the idea that each student learns in their own way.

At MacKillop Catholic College you will be expected to be an independent learner. Therefore, it is advisable to think carefully about your learning style and how best you can use your learning strengths to support your academic studies. Use this part of the guide to help you:

- To think about the different ways you perceive and understand information;
- Consider your most appropriate learning environment;
- To identify how you process information most effectively;
- To identify different strategies and skills that will benefit you as a learner;
- To understand multi-sensory techniques.

Study Strategies for different learning styles

Auditory

If you are an auditory learner, it means you will learn best by hearing information. Consider making use of sound in the following ways:

- Talk or read aloud to yourself as you learn information;
- Talk through and/or review information with friends;
- **Record information on to tape or disc to enable you to listen back over information;**
- **Ask a friend to read text or lecture notes aloud to you;**
- **Have music playing in the background while you read or write;**
- **Work in a silent room.**

Visual

Visual learners often learn best from seeing information presented in diagrams, charts or pictures. Try using some of the following visual techniques:

- Plan work using spider diagrams, lists or tables, pictograms and mind maps;
- Write down all information;
- Use coloured pens to highlight important information when reading and to link similar ideas and arguments as you identify them (But only if you are using your own text);
- Use coloured paper for different modules or subjects;
- Use large wall charts or planners to organise your work;
- Try to visualise information and ideas in your mind;
- Vary the environment or position in which you work as this may create a link between your visual setting with a particular subject area.



Learning Styles Questionnaire

Tick the response which best suits you.

1. Do you usually remember more from a lesson when:

- A. You do not take notes, but listen very carefully
- B. You sit near the front of the room and watch the teacher
- C. You take notes

2. Do you usually solve a problem by:

- A. Talking to yourself or a friend
- B. Using an organised, systematic approach like lists, etc.
- C. Walking, pacing or some other physical activity

3. Do you remember phone numbers (when you can't write them down) by:

- A. Repeating the numbers orally
- B. Seeing or visualising the numbers in your mind
- C. Writing the numbers with your finger on the table or wall

4. Do you find it easier to learn something new by:

- A. Listening to someone explain how to do it
- B. Watching a demonstration of how to do it
- C. Trying it yourself

5. When you try to remember something do you:

- A. Try to see it happen in your mind
- B. Hear in your mind what was said or the noises that occurred
- C. Feel the way 'it' reacted with your emotions.

6. If you don't know how to spell a word, do you:

- A. Sound it out

7. Do you enjoy reading most when you can read:

- A. Dialogue between characters
- B. Descriptive passages that allow you to create mental pictures
- C. Stories with lots of action in the beginning (because you find it difficult to concentrate early on)

8. Do you remember people you have met by their:

- A. Names
- B. Faces
- C. Mannerisms, movements, etc.

9. Are you distracted mainly by:

- A. Noises
- B. People
- C. Environment (temperature, comfort of furniture, etc.)

10. Do you have problems sitting still to read? If so, do you:

- A. Talk with a friend
- B. Watch TV or look out of the window
- C. Fidget in your chair, or can't lie still in bed

Count the total number which fall into the following categories

..... Auditory (by hearing)

..... Visual (by seeing)

EYE ON Senior Years Publications

Each student is strongly encouraged to use the Senior Years publication, Super Study Skills which is designed to assist them in their final years of study. This is filled with lots of handy hints on studying, creating effective notes, writing well, appropriate research and references and how to perfect your essays and reports.

Each week a newsletter article also goes out which helps to explain a range of policies, rules and expectations of students in the Senior Years. It is strongly advised that all parents and students read this to keep up to date with NTCET requirements.

WEBSITE Monthly Picks



A range of Senior Years skills and advice for completing your senior years at school effectively will be published to the students in both hard copy and on the College website. Students and families are strongly encouraged to make the most of the support notes, essay guidelines, research advice and referencing systems as a way of advancing their learning.