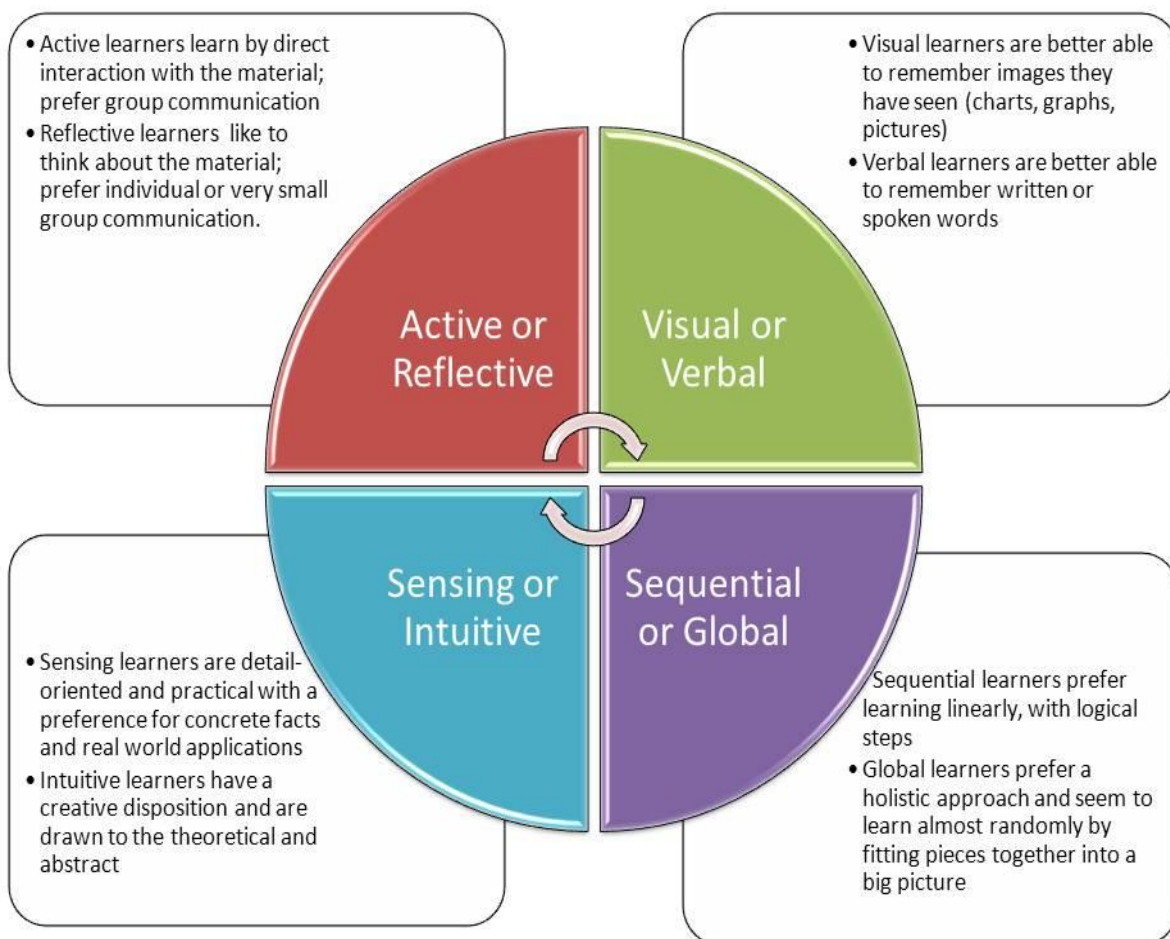


Learning Styles

The term “learning style” refers to the unique way in which students learn new information. These “styles” are “how your brain best learns and processes new information. These methods have been with you since birth and do not reflect intelligence or learned skills. In fact, there is no such thing as a good or bad, right or wrong learning style. Most of us create our own learning styles based on some combination of several different methods. **The more aware you are of your style, the greater your success with learning is.** Put another way: If you are aware of how your brain best learns, you have a better chance of studying in a way that will pay off when it’s time to take that big exam!” (NCWC, pg.1). Take about 10 minutes to [learn your preferred learning style](#).

Here are some examples:



Adapted from: University of Texas
Adapted from: North Carolina Wesleyan University