# Handout 2: Tendencies and Strategies for Learning

**Purpose:** We all have different tendencies we use to retain information, whether we realize it or not. Today, you will discover what your tendencies are and different strategies to help you study more effectively.

A. List 10 of the tendencies that fit YOU the best.

| |
|---|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |

***How do you learn?***

B. Divide your cards based on the letter at the bottom of each card. Tally your letters to find which learning style(s) that fit you the best.

(A)Auditory: _____ (V)Visual: _____ (T)Tactile: _____

C. Choose your top 2 learning styles and write down different **strategies** you can use to help you study more effectively.

| *Learning Style #1:* _____ | *Learning Style #2:* _____ |
|---|---|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |