

## Learning Styles Transcript

- [00:00:00] As you get into our online courses, you may have trouble learning all the information. If so, understanding different learning styles will help you get more out of each lesson.
- [00:00:08] Experts have identified three main ways that students learn, which are often called the three learning styles. Let's learn about each one.
- [00:00:17] The first learning style is the visual learning style, or learning through seeing. This style is the one most often used in our courses. In visual learning, you get closer to understanding a topic by seeing an example or explanation of it. To take advantage of visual learning techniques, watch for pictures, charts, and videos in our courses. These resources will help you learn and remember information more completely.
- [00:00:40] The second learning style is the auditory learning style, or learning through hearing. In auditory learning, you understand by listening to an explanation of a topic, rather than seeing one. To take full advantage of auditory learning, try reading your course content out loud to yourself or look for recorded lectures and videos. Find ways to engage your hearing while you study. These tips will help you add auditory learning to your course experience.
- [00:01:07] The last learning style is kinesthetic or hands-on learning, which means learning through doing. This type of learning means you understand things by trying them out. This style of learning is often the least used in online courses. However, the flexibility of online learning allows for a lot of hands-on experiences.
- [00:01:27] To take advantage of hands-on learning, look for assignments that let you go out and do things in the real world. Interact with other students through discussion boards and email to share your experiences and hear about theirs. Pay attention to feedback from your instructor on assignments, and ask about opportunities to

get involved. This will help you act on your course material and understand it from a hands-on perspective.

[00:01:47] As a learner, you may feel a stronger connection with one of these learning styles than with the other two. That's all right! Focus on the tips and tricks for that style, but don't limit yourself to learning in just one way.

[00:02:00] Try out ideas from all the different learning styles, or find ways to combine them. One idea to combine all three styles is to teach someone else, like a parent or friend, about what you are learning in your course.

[00:02:10] As you find your own best ways to learn, you will get the most out of your Independent Study courses.