

## 60 Second Podcast: Learning Styles

Welcome to the sixty second lecture on learning styles. After listening to this lecture, complete the VARK and read the Learning Styles PowerPoint. Today we'll cover a couple of reasons why learning styles are important and a couple tips to help you adapt your learning style.

- ☞ Knowing your learning style gives you insight into the quickest and best way you process information.
- ☞ Knowing how other learning styles work gives you greater adaptability as a learner.
- ☞ After you take the VARK, read not just your learning styles description, but also the descriptions of other learning styles. This will help you begin changing the way information is presented in lecture into a learnable package for yourself.
- ☞ Finally, there are many learning styles and we use more than one way of learning, so listen to your gut about how you have to learn information. Read the list of learning styles, and if any jump out at you, look them up on google or Wikipedia and start to learn more about them.

This has been your sixty second lecture on Learning Styles. Good Luck!

If you would like to learn more about Learning Styles or other academic skills, please contact the Academic Success Center at the University of South Carolina Aiken.