Directions: Each person has their own unique learning style and what may work for someone else may not work for you. As you read through the questions below circle the answer that best describes you. When you’re done look on the next page to find what kind of learner you may be!

1. When you study for a test would you rather -
   A. Read notes and look at diagrams/illustrations?
   B. Have someone ask you questions or repeat facts silently to yourself?
   C. Write things out on index cards and make models/diagrams?

2. Which of these do you do when you listen to music?
   A. Daydream (see things that go with the music)
   B. Hum along
   C. Move with the music; tap your foot, etc.

3. When you work at solving a problem do you -
   A. Make a list, organize the steps and check them off as they are done?
   B. Make a few phone calls and talk to friends/family?
   C. Make a model of the problem or walk through all the steps in your mind?

4. When you read for fun do you prefer -
   A. A travel book with a lot of pictures?
   B. A mystery book with a lot of conversation?
   C. A book where you answer questions and solve problems?

5. To learn how a computer works would you rather -
   A. Watch a movie about it?
   B. Listen to someone explain it?
   C. Take the computer apart and try to figure it out for yourself?

6. You have just entered a science museum, which will you do first?
   A. Look around and find a map showing the locations of the various exhibits.
   B. Talk to a museum guide and ask about the exhibits.
   C. Go into the first exhibit that looks interesting and read directions later.

7. What kind of restaurant would you rather not go to?
   A. One with the lights too bright.
   B. One with the music too loud.
   C. One with uncomfortable chairs.

8. Would you rather go to -
   A. An art class?
   B. A music class?
   C. An exercise class?

9. When you tell a story, would you rather -
   A. Write about it?
   B. Tell it out loud?
   C. Act it out?

10. What is most distracting for you when you are trying to concentrate?
    A. Visual distractions
    B. Noises
    C. Other sensations like hunger, tight shoes, or worry.
Visual Learner: Visual learners relate most effectively to written information, notes, diagrams, and pictures. They prefer to sit in the front of the class and “watch” the lesson closely. Visual learners tend to remember what they read rather than what they hear, use diagrams and charts to understand ideas and concepts, use color to organize information, daydream, doodle when bored, are tidy and organized, and have a good sense of direction. They like to read and are good at spelling.

Study Tips: Take notes, even when you’ve been given handouts. Use highlighters to help color-code/organize your notes and thoughts. Use or make your own charts, maps, and flashcards.

Auditory Learner: Auditory Learners relate most effectively to the spoken word. They tend to listen to a lesson and then take notes afterward or rely on printed handouts. Auditory learners like to read out loud, are not afraid to speak in class, like presenting oral reports, can’t keep quiet for too long, enjoy being on stage, like explaining things to others, and are easily distracted by background noise.

Study Tips: Read assignments and study materials out loud. Record lessons and lectures. Sit at the front of the classroom so you can hear well.

Tactile Learner: Tactile learners prefer a hands-on approach and learn through touch and movement. They learn skills by imitation and practice. Tactile learners may become bored easily when listening to a lesson, tend to be good at sports, have difficulty sitting still for too long, experience difficulty spelling, enjoy science labs, can study with loud music, and are fidgety during lectures.

Study tips: Get as involved with your studies as you can! Type up your notes or try acting out/role playing your assignments.

Adapted from My Style Lesson Plan (Middle School). George Washington University.
Making the Grade

In addition to all your social and extracurricular responsibilities, you’ll also have to work hard to earn grades. Developing good study/school habits now will help you later in high school, college, and beyond.

1. Use a planner! Writing down your assignments and when they are due is a great way to stay on top of deadlines and stay organized.
2. Speaking of organized—use different notebooks/folders/binders for each of your classes. Cramming material all together is a sure way to misplace important documents.
3. Attend all your classes! Missing class means you’re missing important discussions. If you have to miss ask a friend to take/share their notes with you.
4. Be active in the classroom! Don’t just pass notes to your friends, listen carefully to catch information that may be on future tests/quizzes.
5. Find a good place to study. Find an area that allows you to see well and focus. Avoid distractions like TV and cell phones.
6. Don’t procrastinate! Waiting until the last minute will only stress you out.
7. Don’t cram! Instead of spending hours studying for a big test, spread it out over the course of a week. You’ll actually retain more information.
8. Study with friends OR by yourself. Studying with other people doesn’t work for everyone, and that’s okay.
9. Prioritize your homework. If an assignment is due before another, put it first. If you know you’ll pass one test but not so sure about the other, study for the other first.
10. Don’t be afraid to ask for help! Sometimes all it takes is asking one question to make everything else fall into place.

What is test anxiety?

It’s a type of performance anxiety. You may experience it before or during an exam. You can sometimes feel like you’re very nervous, have butterflies, a headache, and even a stomachache. In strong cases you could even throw up or pass out.

The best way to avoid test anxiety is to be prepared. Practice the study tips above and you’ll feel more confident. Ask for help when you need it, your teacher, guidance counselor, and/or tutor can be a great resource. Learn to accept mistakes happen and that’s okay. Don’t be negative, negativity feeds the anxiety. Focus on positive thoughts like, “I’ve studied hard and I know this material!” Take care of yourself.

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