

# Do you learn best in a Visual way?

## Visual learners might say:

- I can remember something better if I write it down.
- I am able to see pictures in my head.
- It helps me if I take lots of notes on what I read and hear.
- It helps me to look at a person who is speaking. It keeps me focussed.
- It's hard for me to understand what a person is saying when there is background noise.
- It's easier for me to get work done in a quiet place.
- It's easy for me to understand maps, charts and graphs.
- When I am taking a test, in my mind I can 'see' the textbook page and the correct answers on it.
- I cannot remember a joke long enough to tell it later.
- When I am trying to remember something new, for example a telephone number or a spelling, it helps me to form a picture of it in my head.
- When I get a great idea, I must write it down right away or I'll forget it.

## If you do like Visual learning, try:

- ✓ Diagrams and pictures
- ✓ Drawing
- ✓ Mindmaps
- ✓ Colour coding
- ✓ Visual presentations
- ✓ Tidiness
- ✓ Patterns
- ✓ Seeing imaginatively
- ✓ Posters
- ✓ Videos
- ✓ Highlighters and underlining
- ✓ Using your imagination to picture pages or diagrams
- ✓ Reading
- ✓ Using symbols and images
- ✓ Learning spellings by 'seeing' the word first
- ✓ Descriptive writing
- ✓ Metaphors and similes
- ✓ Patterns
- ✓ Watching
- ✓ Displays, including in your bedroom
- ✓ Different font sizes and headings
- ✓ Working in a quiet place without distractions