



Discover Your Learning Style Preferences

Overview

This workshop discusses how your VARK (visual, aural, read/write, kinesthetic) modality learning style preference can impact your academic success. You will find out whether you prefer learning from visual information such as pictures, charts, and diagrams, or from aural information by listening to information, or by reading and writing information, or kinesthetically by doing hands on activities. Knowing this about yourself will help you adjust your study approaches to get the maximum benefit. The workshop will help you determine your preferred style and discuss strategies for each modality style preference that can be used while studying and during tests. After learning the strategies for every style you will be able to learn in any situation because you will be able to adjust your study approach to fit the needs of each learning environment.

Objectives:

Students will learn

- The four learning style preference modalities described by VARK – visual, aural, read/write and kinesthetic
- Their learning style modality preference(s) as determined by the VARK questionnaire
- Learning strategies for each of the four learning style preferences that can be used while studying
- Learning strategies for each of the four learning style preferences that can be used while taking tests
- The importance of learning the strategies for all four styles in order to perform well in any learning situation

Presenter



Dr. Saundra Yancy McGuire

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Dr. Saundra Yancy McGuire is Professor of Chemistry and Assistant Vice Chancellor at Louisiana State University. She is the former director of LSU's Center for Academic Success, the winner of the 2004 National College Learning Center Association (NCLCA) Frank L. Christ Outstanding Learning Center Award. She served as a mentor at the 2011 and 2007 NCLCA Summer Institutes and at the 2006 Winter Institute. Most recently, in 2010, she became one of only seven individuals in the nation to achieve NCLCA's

Level Four Lifetime Learning Center Leadership Certification.

In 2012 Dr. McGuire was elected a fellow of The Council of Learning Assistance and Developmental Education Associations (CLADEA). In 2011 she was named a Fellow of the American Association for the Advancement of Science (AAAS), and in 2010 she was named a Fellow of the American Chemical Society. She received the Presidential Award for Excellence in Science, Mathematics, and Engineering Mentoring in a 2006 White House Oval Office Ceremony.

Dr. McGuire has been teaching chemistry and working in the area of learning support for the past 43 years and has presented her widely praised workshop, Teaching Students How to Learn, at over 150 colleges and universities.