

Using your best style to Learn !!

January, 2009

What is important about LEARNING STYLES?

Simply put, using your learning style is your best method of learning. It is important to know and understand your personal learning style in order to develop effective study methods. Matching your style to specific study techniques will help to make sense of the information and help it be stored in memory more effectively. There are three main learning preferences :

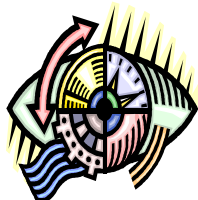
- ⇒ Auditory (hearing)
- ⇒ Visual (seeing)
- ⇒ Kinesthetic (doing)

The ideas that follow are by no means absolute, but the intent is to help you assist your child when they are doing homework or studying.



STRATEGIES FOR AUDIORY LEARNERS

- ⇒ Read instructions out loud or sub-vocalize if in class
- ⇒ Make up a rhyme or a song with information in it
- ⇒ Say the words in syllables
- ⇒ Read the text into a tape recorder and listen to it as review
- ⇒ Join a study group where you can discuss main ideas
- ⇒ Make up mnemonics
- ⇒ Sit towards the front of the classroom so you can hear well
- ⇒ Stay away from doors, windows etc to cut out distracting noise
- ⇒ Listen to soft music with no lyrics



STRATEGIES FOR VISUAL LEARNERS

- ⇒ Take notes
- ⇒ Use colour coded highlighting
- ⇒ Use graph paper to help make charts and diagrams to illustrate key concepts
- ⇒ Use mind maps and visual chains
- ⇒ Use a computer to help with organization
- ⇒ Think in pictures
- ⇒ Use photographs and clip to illustrate
- ⇒ Underline key words
- ⇒ Use Cornell note taking method
- ⇒ Use flash cards to help rehearse (questions on 1 side; answers on the other)
- ⇒ Remember important terms by looking for a part of the word you know & make connections



STRATEGIES FOR TACTILE LEARNERS

- ⇒ Participate in class discussions
- ⇒ Ask questions and look for the answers when studying
- ⇒ Highlight, underline and take notes
- ⇒ Do something physical before studying
- ⇒ Take regular, brief breaks
- ⇒ Move a body part or walk around if it helps you concentrate
- ⇒ Use your hands when studying and explaining concepts to yourself
- ⇒ Write list repeatedly
- ⇒ Sit near the front of the classroom and always take notes
- ⇒ Purchase a ball seat
- ⇒ Make models
- ⇒ Tape your study notes and listen to them while exercising
- ⇒ Read on a stationary bike

I know you will soon be looking into summer camps Here are some pointers to help:

Summer Camp Checklist



1. What does the camp director know about your camper's disability? How will his disability be accommodated?
2. How many campers attend, and what is the staff-to-camper ratio? (The higher, the better.)
3. What are the ages of the counselors? What training do they have?
4. Who dispenses ADHD medication? When? Where? Are doctors on staff?
5. How do the camp counselors handle discipline?
6. Is there a social-skills program? What does it consist of?
7. How does the camp deal with food allergies and food preferences?
8. Do counselors set goals for campers? How is progress tracked and rewarded? Do parents receive a report when the child goes home?

HELPFUL HINTS

Some organizational pointers posted on a blog by parents. You may find them helpful....

- Dry erase markers While getting ready for school in the mornings, I have used a dry erase marker to list the 'bathroom' tasks on the mirror. It seems to help and cuts down the 'Mom Nagging' before school.
- I bought one of those organizers that you hang in a closet for sweaters. Except hang it in the closet & Sunday night let your child pick out five outfits for the week. This makes mornings go much better.

FOR YOUR INFORMATION BOOK RETURNS

If you or your child has borrowed some of my materials and are finished with them please return.

TAX RETURNS:

If you wish to have an official receipt for the tutoring services please let me know so I can have my bookkeeper prepare it for you.

SUMMER TUTORING

I will be offering individual tutoring during the month of August.

FAMILY DAY

Monday, Feb. 16, 2009

I expect everyone will enjoy the day fully. There will be no tutoring that day.

UPCOMING CONFERENCES

LDAO Workshop Series held at Sick Kids Hospital @\$78.75 each

⇒ Monday, March 9, 2009 investigating the causes and treatment of ADHD

⇒ Monday, April 6, 2009

Dr. Adam Cox discusses the keys to successful transition to high school

⇒ WED. April 29, 2009

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