VARK Learning Style
Auditory

How to use your VARK Learning Style

You learn best through verbal lessons, discussions, talking things through, and listening to what others have to say. Auditory learners interpret the underlying meanings of speech through listening to the voice tone, pitch, and speed. You will often benefit from reading the text and notes out loud and/or listening to recorded notes and information from texts.

Learning strategies:
• Read notes and text out loud
• Review assignments and text reading before class
• Recite information that is important to remember
• Work in groups or with a study partner; i.e. discussions: listening, talking
• Mathematical/technical information:
  o State the problem out loud
  o Think through a process or sequence of steps: write out, then read out loud
  o Discuss questions/problems in a group or with a study-buddy
• Record notes, key information, and lectures; listen to recordings regularly
• Use books-on-tape

Study Environments on Campus:
Edmon Low Library group, quiet, and silent study areas, as well as reserve-able rooms for groups or controlled individual study. Student Union basement study area for light background noise and second floor study area.

To take the VARK Learning Styles Assessment:
Please visit www.vark-learn.com

For more information, please visit lasso.okstate.edu/success-coaches or contact Lasso at (405) 744-3309 successcoaching@okstate.edu

Learn through listening