

## Auditory Learner Checklist

- Do you often read aloud?
- Do you repeatedly say things to yourself in order to remember them?
- Do you talk to someone in order to understand something?
- Do you remember what was said in lectures without having to take detailed notes?
- Do you prefer to hear a lecture rather than read a textbook?
- Do you remember what people said rather than how they looked or what they wore?

If you answered YES to most of these questions it is likely that you are an auditory learner. Keep reading for strategies that may work for you.

**Try 1 new strategy each week and then add another strategy the next week**

**Need more ideas? Check out these resources:**

- [http://library.queensu.ca/websrs/faculty\\_guide-Staff.html](http://library.queensu.ca/websrs/faculty_guide-Staff.html) Excellent Resource at Queen's University
- [http://www.queensu-hcds.org/Resources, Assessment and Learning Strategies \(RARC and BeWell-doWell\)](http://www.queensu-hcds.org/Resources,AssessmentandLearningStrategies(RARCandBeWell-doWell))
- [www.ldonline.org](http://www.ldonline.org) Good Technological Resources
- <http://www.parkland.edu/goals/Workshops.html> Online Survival Workshops
- <http://www.metamath.com/lsweb/dvlearn.html> Learning styles

***Above all: Take care of yourself and focus on the POSITIVE... you do have strengths! Make sure your "Self Talk" (what you say internally to yourself about yourself) is positive and that you regularly exercise sleep and eat!***  
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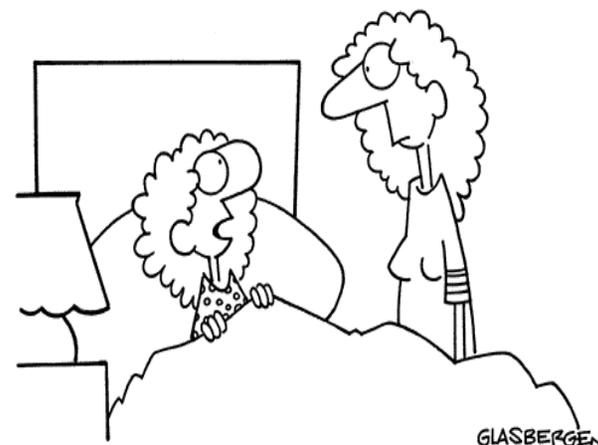


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## Take Control of your Learning Through Auditory Strategies!

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**"My teacher says we should eat 5 fruits and vegetables every day. Today I had 3 raisins and 2 peas."**

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## Research has shown that successful students use these strategies. Try to find a few that work for you!

### LIFE STRATEGIES:

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- Repeat important information to yourself- try it while you read this!
- Repeat verbal instructions from teachers and peers and write them down immediately
- Read written directions aloud or have someone read them to you, especially if they are long and complicated
- Use time managers and translate written appointment reminders into verbal cues (e.g. "I will remember to...")
- Use mnemonics, rhymes, jingles and auditory repetition through tape recording to improve memory

### READING STRATEGIES:

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- Read slowly, underline important information and summarize aloud what the main points were after each paragraph (without looking)
- Break large written material into smaller pieces (e.g. I will read this page, review it aloud, and then write a summary statement)

- While reading, sound out the word or phrase instead of trying to rely only on word recognition
- Listen to music without lyrics while reading to aid concentration
- Read and listen to an auditory textbook
- Try to get the big picture of a textbook chapter by reading the headings, charts, pictures and summaries and creating questions on the information read (e.g. What are the 3 main points?, Ask who, what, when, where, why, how and so what?)
- Jot down summary notes (or answers to questions) as you read
- Use your finger or a pointer to avoid skipping words or whole lines

### STUDY STRATEGIES:

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- Translate notes and textbook material into auditory notes (on tape) and review the tape when you study
- Make sure you have minimal auditory distractions where you study
- Try to translate charts and graphs into verbal descriptions
- While studying for an exam use study groups to teach others different chapters of the text
- Use CD ROMs and voice activated computers to study and make notes

### ASSIGNMENT TIPS:

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- Say aloud to yourself/others what you need to do (e.g. assignments, studying)
- Brainstorm ideas on tape and listen to it to organize your thoughts
- For solving math/science problems follow this sequence:
  - Look at the problem
  - Repeat it aloud
  - Close your eyes and repeat it again
  - Write the answer
  - If the answer is incorrect, repeat the correct answer orally
- Choose interviews and oral reports/tests if given the choice

### ACCOMMODATIONS:

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- Get a note taker so that you can focus during lectures
- Sit in an area in the lecture that has minimal distractions
- Arrange to have extra time for visual tasks such as exams and assignments
- Get textbooks on tape

### Text to Speech Computer Software:

- Kurzweil Reader Program
- Read Please Program
- Dragon Naturally Speaking Program
- FM system