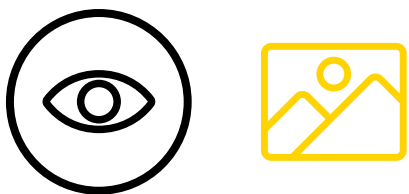


Metacognition & learning styles

You can choose the learning methods that suit you best. You can even combine different learning methods if it helps you learn easier. There's not just one, single way to learn!



What type of learner are you?



Visual learner

Remember best what you see

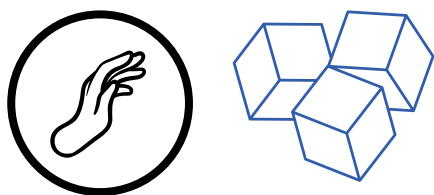
Use pictures, videos, mind maps, diagrams, charts, highlighting text.



Auditory learner

Remember best what you hear

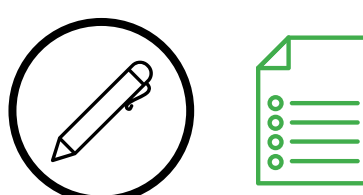
Use listening to lectures, stories, discussions, podcasts and engage in active recall by repeating information aloud.



Kinesthetic learner

Remember best when you move

Use of hands-on activities, experiments, simulations, group projects and engage in physical activities that help process information.



Read / Write learner

Remember best when you read or write

Use reading from different sources, focus on note-taking, summarizing key points or engage in written discussions.



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