



**CALIFORNIA STATE SCIENCE FAIR
2005 PROJECT SUMMARY**

Name(s) Sarah A. Cole	Project Number J0307
Project Title Learning Styles: The Key to Life	
Abstract Objectives/Goals I am trying to find how people study according to their strengths. I believe that learning styles play a very large, important role in people's lives, for they are the bases for learning, and people must study accordingly. Methods/Materials Each test subject was given a learning style test to determine their styles. They were then to study for 3 minutes according to their styles- one person from each group (a kinesthetic, auditory, visual learner) studied kinesthetically by moving notecards physically, one person from each group (a kinesthetic, auditory, visual learner) studied visually by reading and testing themselves with notecards, one person from each group (a kinesthetic, auditory, visual learner) studied auditorily by being read the notecards out loud and by orally speaking the answer, and one person from each group (a kinesthetic, auditory, visual learner) did not study at all for the control. They were then tested with a country and capital test. Results The people who studied with their own learning style received a better score on the test while those who did not study at all did not score as well as those who did study. Also, visual learners were the easiest to find. Conclusions/Discussion Studying according to one's learning styles helps people to do better in memorizing and learning information.	
Summary Statement This project demonstrates how learning styles affect studying.	
Help Received No help was received in doing this project.	