



UF | College of Medicine
UNIVERSITY of FLORIDA

VARK LEARNING STYLE:

VISUAL

PEER MENTORING ACADEMIC PROGRAM

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VISUAL LEARNING STYLE

Visit <http://www.vark-learn.com/> to learn more about the VARK Visual Learning Style

Disclaimer

This presentation is composed of suggestions compiled by UFCOM students

These are only recommendations which may need to be modified to best meet your academic needs and preferences

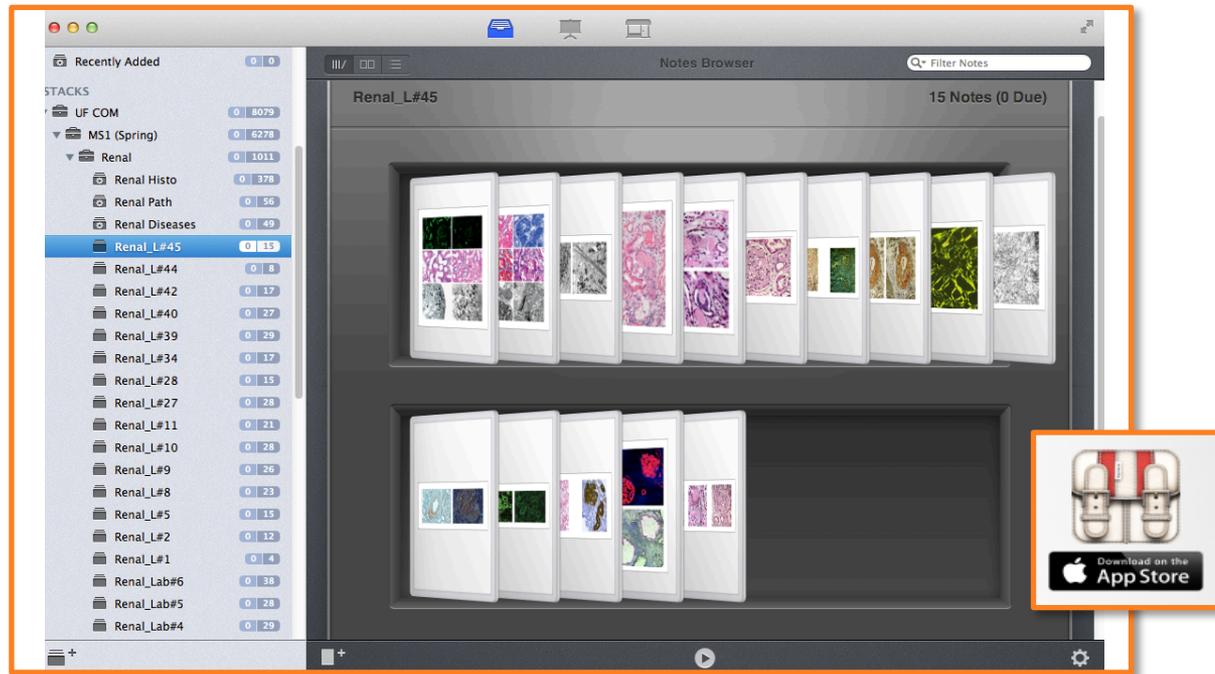
Please note that students often need to utilize multiple study strategies to appropriately learn the material. It is recommended that you review all 4 presentations to create a study routine that best suit your needs

VISUAL STUDY METHODS

- Lecture PowerPoint slides: format it to look **visually appealing** and **highlight important** information
- Take lecture notes
- Use **lots of colors!** You will remember it better
- Make mind **maps**, **pictures**, **graphs**, **tables**, charts
- Redraw something from memory
- If writing out your notes, buy **colored pens**/highlighters
- Make study area **visually appealing**
- **Look** at professors when they talk
- Take *study breaks*

MENTAL CASE APP (IPHONE, IPAD, MAC)

- Make flashcards with **notes/images/audio** and **sync** across all your devices
- Software creates automatic lessons to help you learn the material before a quiz/exam. If you get a note wrong it will appear more often in the future
- Download cards from **Flashcard Exchange** and **Quizlet**

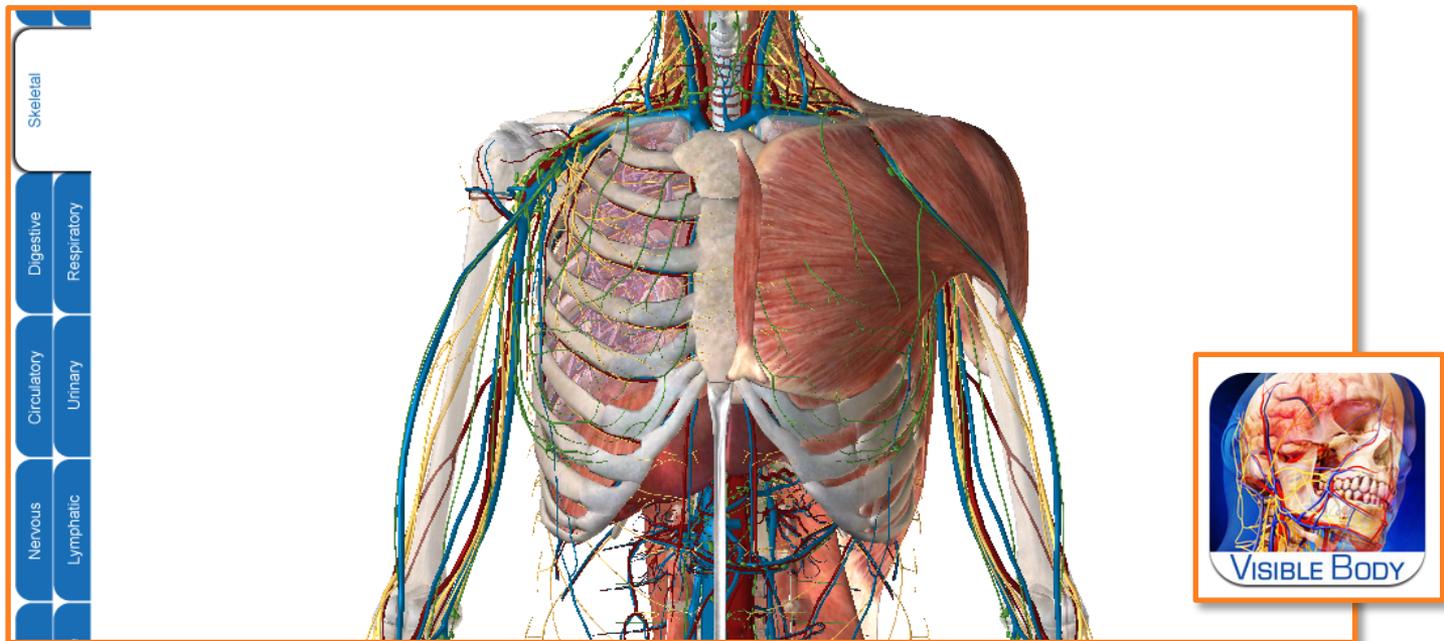


(created by Ella Uwaibi, MS2)

ANATOMY ATLAS APP (IPHONE, IPAD, ANDROID)

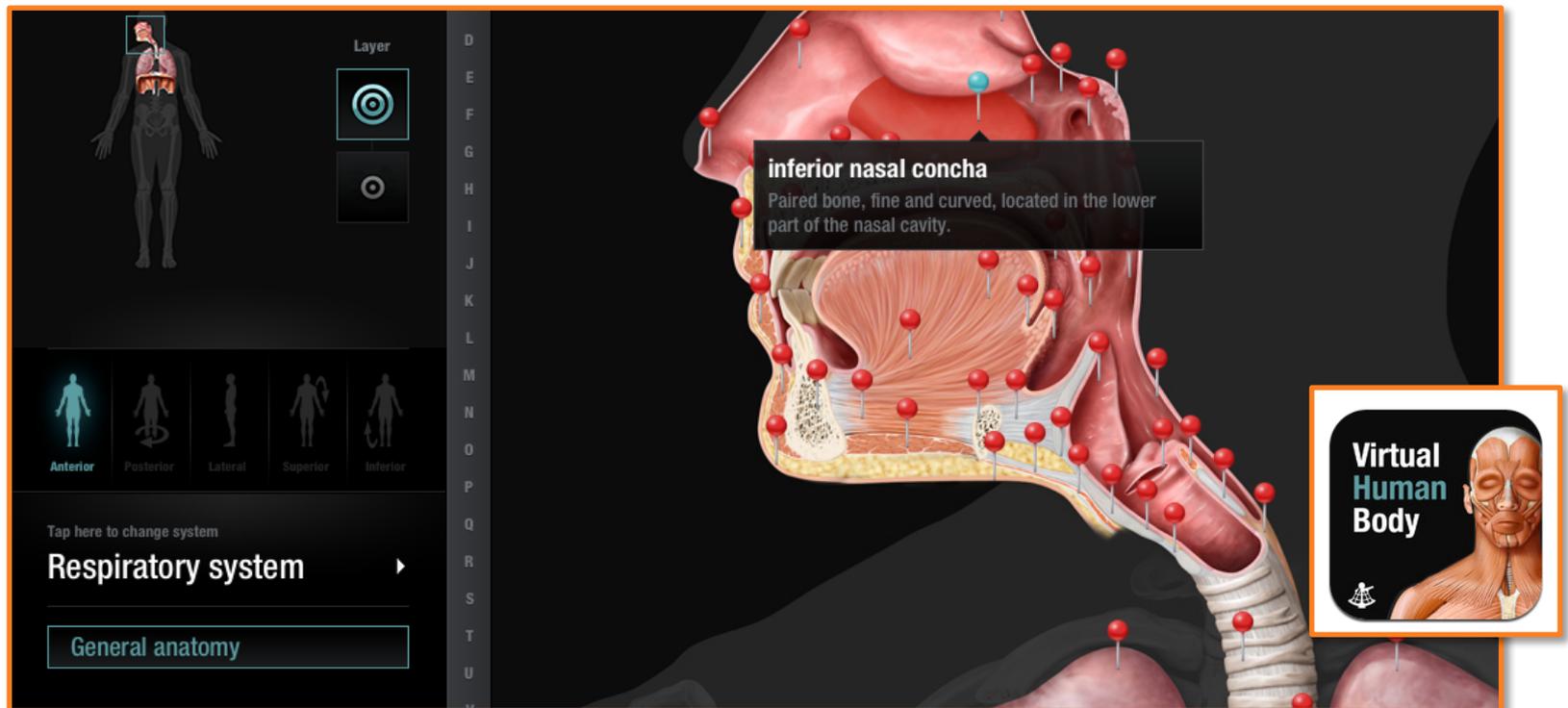
- 3D overview of the human body
- Create and save custom views of the different organ systems

http://www.visiblebody.com/atlas_overview/



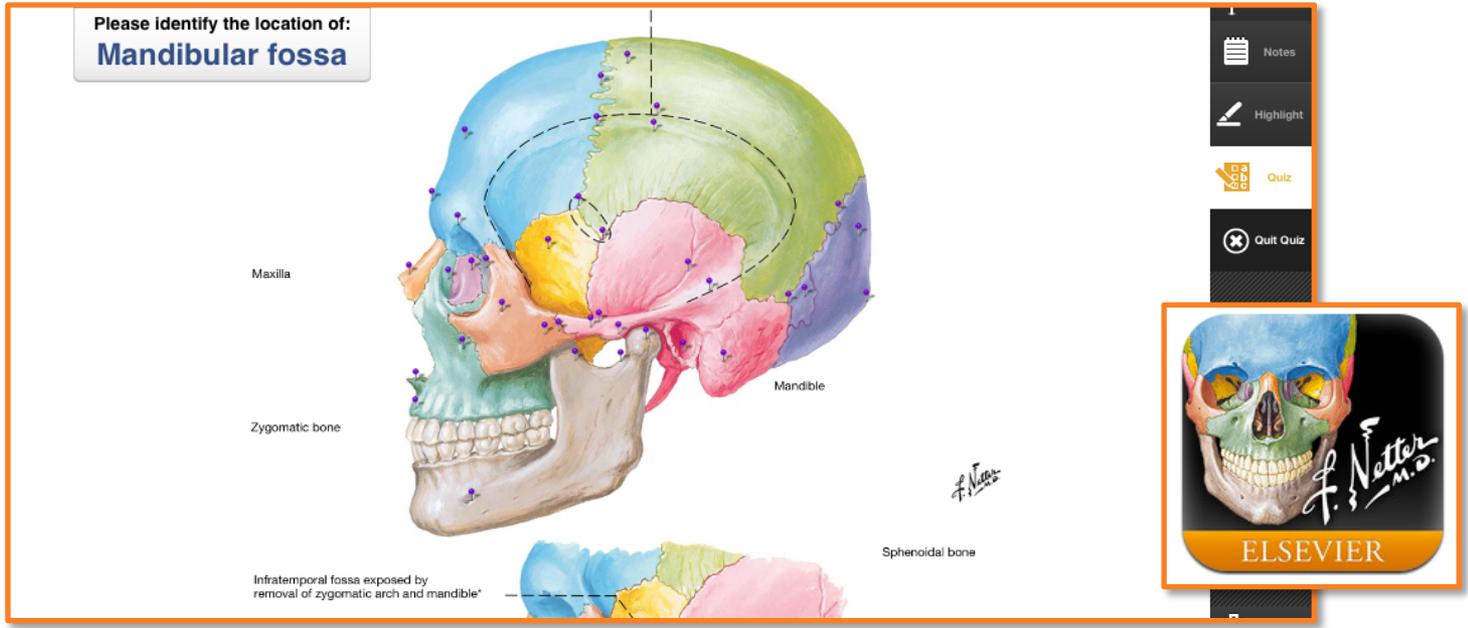
VIRTUAL HUMAN BODY APP (IPHONE, IPAD)

- **Overlap** two systems to better visualize the **interrelations** between bones/muscles and organs



NETTER APP (IPHONE, IPAD)

- 531 Netters Plates from the 5th edition of the Atlas of Human Anatomy
- **Highlighted** search results
- **Quiz** functions
- Use images to create **your own** flashcards



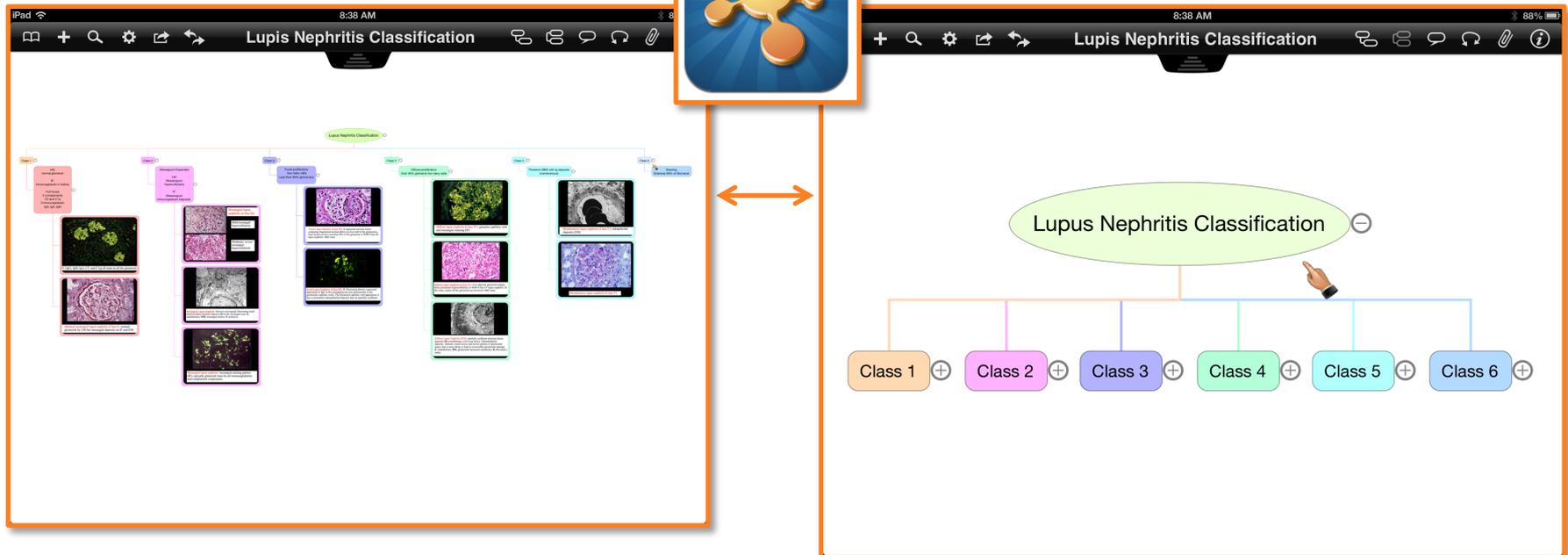
ITHOUGHTS HD (IPHONE, IPAD, MAC)

- Create on your [mindmaps](#)
- Mindmapping enables you to **visually** organize your **thoughts**, **ideas** and **information**
- **Collapse** map to study concepts

<http://www.ithoughts.co.uk/>

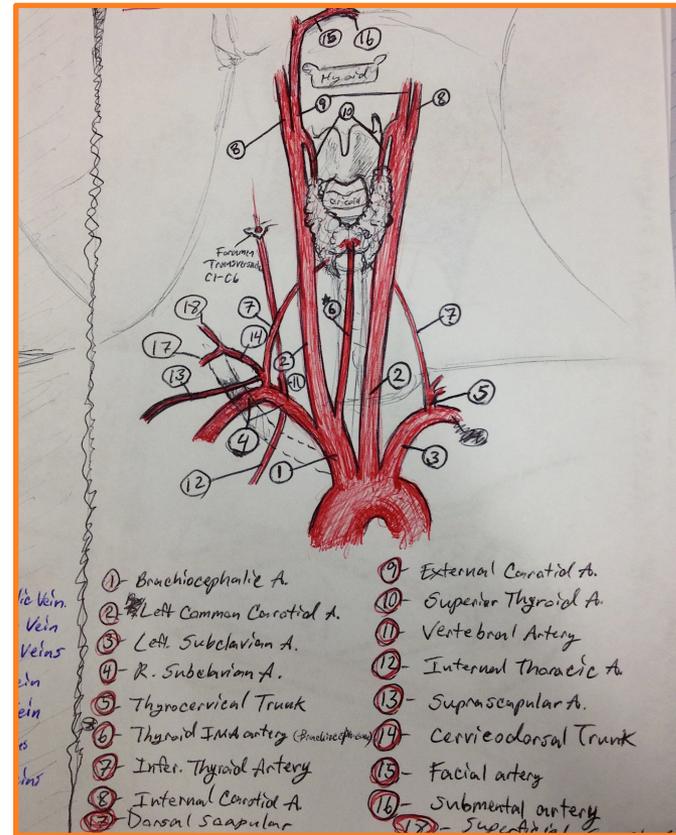
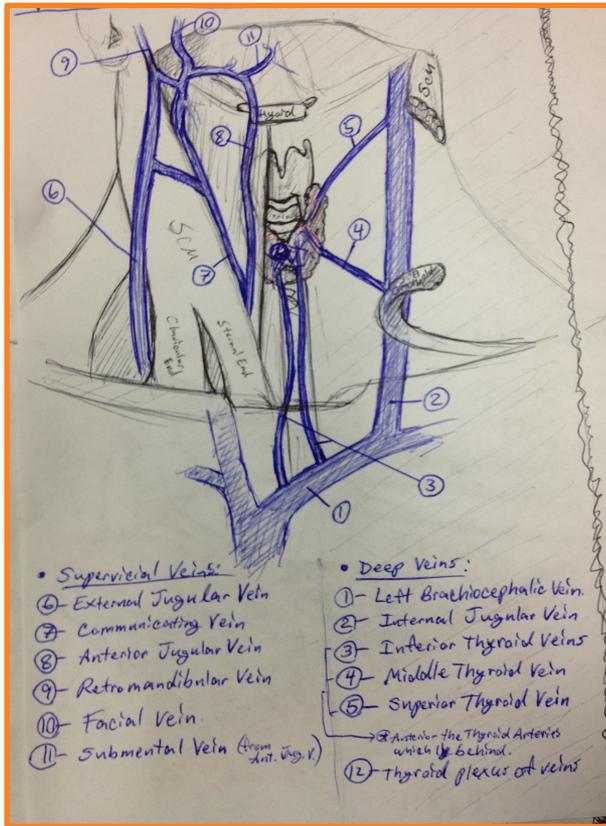


(created by Tene' Sablo, MS2)



ANATOMY NOTES

Draw structures

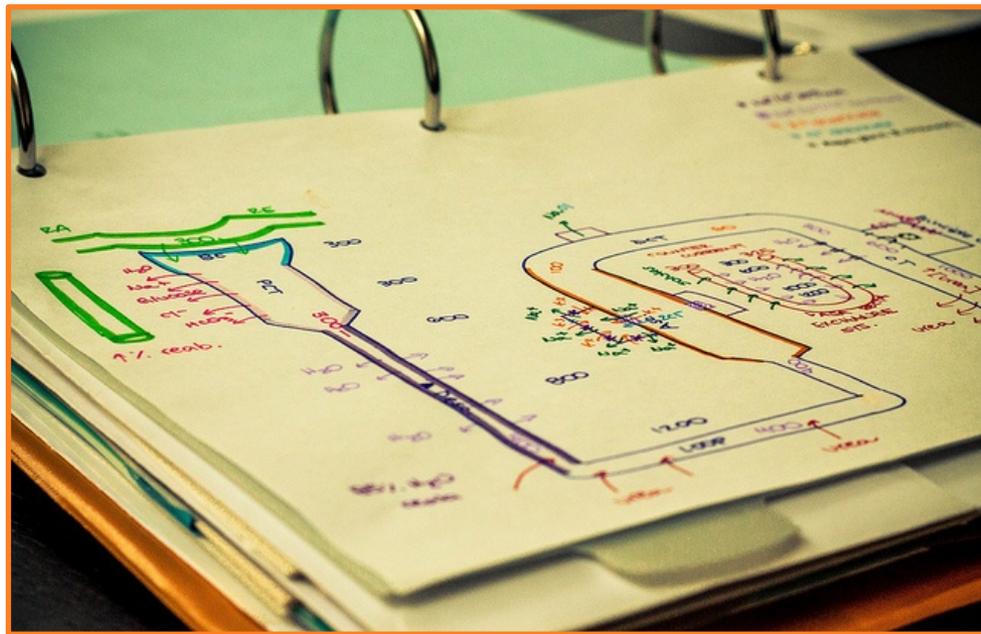


(notes by Khalil Harbie, MS2)

DR. NAJEEB VIDEOS

- +400h of **videos** of basic medical sciences
- Dr. Najeed draws entire lectures on **whiteboard**
- Make sure to **take detailed COLORFUL notes**

<http://www.drnajeeblectures.com/>



(notes and photograph by Ella Uwaibi, MS2)

RESOURCES

- **FLASHCARDS (DIGITAL):** Mental Case, Quizzlet, Anki
- **APPS:** Anatomy Atlas, Virtual Human Body, iThoughtsHD, Netter Atlas, iAnnotate, Notability, Goodreader, Dictamus
- **TEXTBOOKS:** Paper, PDF, Inkling
- **VIDEOS:** Pathoma, Kaplan USMLE Step 1 Prep, Dr. Najeeb, Acland
- **AUDIO:** Goljan Audio (pathology), Blaufuss Sound builder (heartsounds)
- **NOTE-TAKING SOFTWARES:** Preview (Mac), Adobe, OneNote (PC), PowerPoint, Word (Notebook Layout)
- **WHITEBOARD:** small size/portable
- **PRACTICE QUESTIONS:** BRS, PRE-TEST, QBANKS
- **STUDY GROUP:** Studying with a friend or a group might be a good idea
- **NOTES:** Use **lots of colors!** You will remember it better

“Out of the 135 students in their class, there will be 135 ways to study...There will be more material than they know what to deal with. They shouldn't be afraid to try different styles but they should also be comfortable sticking to what works for them :)”

Katie Dietrich, MS2

