2. Use the following table to list all the classes you are taking this term. Based on the VARK Inventory, try to figure out the instructor's teaching style in each class. Then add your learning style. Does the teaching style in each class match your learning style? If not, list a strategy you can use to adapt.

My Classes	Teaching Style	My Learning Style	Match: Yes or No?	Strategy
Psychology	PowerPoint slides with lecture: Visual and Auditory	Read/Write	No	Read the chapter before the lecture, take notes during the lecture, and review notes after class