Strategies for Using Your Learning Style Strength

KINESTHETIC LEARNER

The kinesthetic learner learns best by doing, through movement and physical activity, and by using a “hands-on” approach.

REMEMBER: Good study habits are important for everyone, regardless of their preference.

These include:
- highlighting and study cards for textbook information
- good lecture notes with a ‘recall’ column
- frequent review
- keeping up with assignments, etc.

“FEEL IT and DO IT to LEARN IT”

TEXTS:
- Move your fingers across lines of text, or use a card as a marker to underline the text.
- Point to headings, “trace” over pictures, graphs with your finger.
- MOVE as you review or summarize information – get up and walk around or ‘act it out’
- WRITE to learn it: take notes, make cards, use symbols, etc.
- Use hands to gesture as you review cards or notes.

LECTURES:
- Be physically comfortable.
- Take notes; write to keep yourself involved.
- Put yourself in the scene that you are studying.
- Visualize the feel, texture, environment, smell of what is being presented.
- Use different pens for different information – add color, symbols, pictures.

STUDYING:
- READ it – WRITE it – MOVE it.
- Use lots of movement – talk with your hands, change position and location.
- Join study groups.
- Establish physical rituals for studying such as a location, supplies, etc.
- Picture where you were when you learned something.

GENERAL:
- Use technology when possible.

http://www.ugresearchsci.ucla.edu/progpeers.htm