

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.