Learning Styles – Kinesthetic

Kinesthetic learners require hands-on experience. You like try something instead of listening or watching someone else do it. Often you associate people with experiences you have had with them. You tend to want to move a lot and find it hard to sit still through a lecture. You often use gestures when you talk and may be prone to touching people and things throughout a conversation. For you, trying problems in class and outside of class will be crucial for your success as a student.

Tips:

- Sit in a seat in the classroom where you can move around and not distract the students around you. You may want to bring something in that you can touch while you are listening and taking notes. Even something as simple as a water bottle may help you focus your movement.
- When you study, find a place where you can move around and think.
- Do your homework – you will need the hands-on experience with the problems in order to recall them on an exam.
- During a lecture, try to work the examples through yourself without watching the instructor.
- Rewrite your notes when you are studying for a class and pretend that you are presenting the lecture to a class.
- Form a study group and take turns teaching the material to each other.
- The act of writing flashcards may help you remember the material. Also using them repeatedly in the same sequence will help you recall material.
- Associate feelings to information to help you recall it.
- If you need to read through a book or notes, then pick up the item in your hands and read it out loud. You may even want to walk around or pretend you are presenting the material to someone.
- Ask the professor if you can record their lecture, then listen to the lecture while you are walking or exercising.
- When you are doing homework or studying for a class, focus on breathing slowly. Then when you take an exam, use this breathing technique to help you calm down and recall the information you have learned.