

Learning Styles – Kinesthetic Learner

Kinesthetic Learners prefer to learn by doing. In learning situations, they rely on sensory information and prefer physical hands on activities, such as going to labs and manipulating objects / models. Kinesthetic learners favor videos, photographs or other medium with real – life scenarios. Additionally, their learning is enhanced with the use of analogies, case studies and examples.

General Study Tips

- Get hands on – in lab for example – don't just watch someone else do it.
- Study in a standing position.
- Study while working out or walking. This can be accomplished by making a recording of your lecture notes.
- When memorizing a process, write each step down on a separate card and physically rearrange cards to memorize the steps of the process.
- When studying for an exam, quiz another student on the material. See who can get the most questions answered correctly.

Time Management Strategies

- Create a schedule that varies your activities. During breaks, try to get some type of physical activity. This will help you refocus when you return from your break.
- Schedule study slots for differing places, particularly locations that allow you to move about.

Listening and Note-taking Strategies

- Be actively involved in all lab opportunities.
- If you do not understand a concept that was discussed in lecture, see if the concept can be explained through your lab class.
- Add concrete and relevant explanations, examples and case studies within your notes.
- After class, summarize your notes by creating study cards with terms and concepts on the front and what they are associated with on the back.

Reading and Study Strategies

- Before reading, write several questions that will be answered in the reading material. While reading focus your attention on answering these questions.
- Move your fingers across the page as you read.
Pace around the room as you read.
- Use supplemental materials on companion websites or CDs that provide animated three-dimensional demonstrations.

Memory Strategies

- Use your senses when reviewing material. This may include reciting the material aloud, sitting on a yoga ball while reviewing notes, manipulating a stress ball or participate in a study group.
- Use blackboards / whiteboards to develop practice test items, and / or make graphic representation of information.