Learning Styles: Kinesthetic

Tactile/Kinesthetic persons learn best through a hands-on approach, actively exploring the physical world around them. They may find it hard to sit still for long periods and may become distracted by their need for activity and exploration.

What helps you:
- Using all five sense (sight, taste, touch, smell, hearing)
- Using examples for principles
- Hands-on approaches, perhaps with a computer
- Trial and error
- Samples and photographs
- Talking over notes with another kinesthetic learner
- Writing practice answers and paragraphs
- Role playing the exam situation

What you should do:
- Supplement lectures with trips to museums, field observations, lab sessions, tutorials, and other hands-on activities.
- Recite key concepts from your courses while you walk or exercise.
- Create a practice test and write out the answers in the room where you will actually take the exam.
- Use physical objects as much as possible. Physically touch objects as you learn about what they do. Flashcards can help you memorize information because you can touch and move them around.
- Keep in mind that writing and drawing diagrams are physical activities, so don’t neglect these techniques. Perhaps use big sheets of paper and large color markers for your diagrams. You then get more action from the drawing.
- Use breathing and relaxation to focus your state while you learn and perform. Focus on staying calm, centered, relaxed, and aware.
- Use role-playing, either singularly or with someone else, to practice skills and behaviors. Find ways to act out or simulate what you are learning.

Information taken in part from:
- Becoming a Master Student Concise, 12th ed., by Dave Ellis
- Learning Styles Online, http://www.learning-styles-online.com/overview/