KINESTHETIC LEARNERS

KINESTHETIC LEARNING STYLE

Kinesthetic learners are hands-on people that learn the best through experiencing, touching, moving, or being active in some way. Here are some hints that you might be a kinesthetic learner:

- You find it difficult to sit still for long periods of time, like in class. In fact, you probably find the traditional classroom very challenging.
- You are good with your hands, and can assemble parts without looking at the directions.
- You remember best when the learning is "hands-on," like when using models.
- You are good at athletics, acting, or science labs.
- You find that you are often "fiddling" with something or are considered hyperactive.

If this sounds like you, then you may be an auditory learner! Here are some tips and suggestions to help you take advantage of your ability to remember what you hear.

Here are some time budgeting guidelines:

SCHEDULING & TIME MANAGEMENT

- Make lists to stay organized and on time. Use a planner or calendar, write down all of your assignments in order of their due date, and schedule studying time. This will help you stay on track and not get behind on your homework.
- Study in short blocks of time. Take frequent short breaks. You still need to study just as much as everyone else, but if you break it up, it will be easier to focus.

IN THE CLASSROOM

- Figure out a way to be active in the classroom without being disruptive. For example, squeeze a stress ball or chew gum.
- Talk to your teacher about your learning style. They may have some suggestions of what they would allow you to do in their class to help you learn.

HOMEWORK

- While doing your reading, use your finger or a bookmark as a guide on the page.
- Read out loud. Seeing, hearing, and speaking the information will help you remember it.
- Set up your study area with as few distractions as possible.
- Write things down. The movement of writing will help you remember. Take notes in class. Tracing words is another great way to remember vocabulary or spelling.
- Take breaks for physical activity. As little as 15 minutes of exercise can increase concentration, memory and learning!

STUDYING FOR EXAMS

- Use flash cards. Physically moving them and turning them over engages the hands-on parts of the brain. You can also write information on cards and physically rearrange them.
- Move while you are studying. Listen to an audiobook as you go for a walk, or go over your flashcards at the gym.
- Think of real life examples to demonstrate concepts.
- Act things out whenever possible: point to things, use gestures, do an interpretive dance, etc. Anything that will connect what you are learning to a movement or object will help you remember it.
- Draw charts and diagrams, or even build models, to organize the information.
- Use mnemonics, such as songs and rhymes, to remember information. The funnier the better!
- Study with friends. Talking about what you are learning is a great way to remember. But be careful that your friends actually want to study!
- Chew a different flavor of gum with each subject you study… and then chew that flavor again when you are writing the exam!

The most important thing to remember is to be physically involved in your learning.

These are just a few ideas. See what else you can come up with!