

KINESTHETIC LEARNING TACTICS

Kinesthetic learners typically learn best by doing. They tend to be naturally good at physical activities, such as athletics and dance. They often enjoy learning through hands-on methods. Kinesthetic learners typically like how-to guides and action-adventure stories, and might pace while on the phone or take breaks from studying to get up and move around. Some kinesthetic learners may feel fidgety, or find themselves having a hard time sitting still in class for long periods.

LECTURE-BASED LEARNING	TEXTBOOK-BASED-LEARNING
<ul style="list-style-type: none"> ❖ Ask questions and participate in class discussions whenever possible. ❖ Utilize class breaks to stand up and stretch. ❖ Sit in the front row or on the end of an aisle to allow room to stretch during class without disrupting othes. ❖ Consider choosing course options that offer 3, one-hour segments rather than one three-hour segment to break up course information. ❖ Take a small object, such as a stress ball to class to hold in one hand while taking notes with the other. ❖ Chew gum (as permitted) while listening to lecture or taking notes. ❖ Consider using a laptop to take notes (for some courses this may not be appropriate, such as math or chemistry). 	<ul style="list-style-type: none"> ❖ Do something physical before sitting down to read or study. ❖ Highlight or underline important material in the text or notes. ❖ Use your finger or a piece of paper to keep track of where you are reading in the text. ❖ Use the discussion or practice questions in the text or study guide to help you rehearse information either in your head or out loud. ❖ Walk around the room while reading material or rehearsing with flashcards. ❖ Break reading tasks into small chunks instead of reading an entire section at one time. ❖ After reading a chunk of information, stop to write a brief summary or the key points from the text.