

## 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.

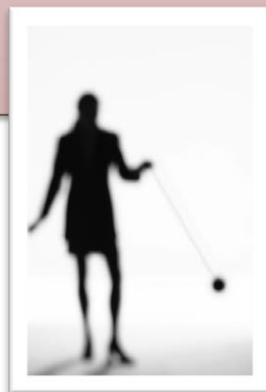
### Lecture/In Class

- Opt for shorter class periods rather than once a week courses
- Sit in the front row or aisle seat to allow room to stretch without disrupting others
- Type notes, when appropriate
- Use a stress ball in the opposite hand when taking notes
- Chew gum



### Study

- Do something physical before a study session
- Highlight or underline important material
- Finger read (trace where you are reading)
- Walk and rehearse with flashcards
- Write key points of information you can recall
- Dribble while you recite information outloud
- Make up your own practice tests



### Test-taking

- Get comfortable
- Remember to stretch between questions
- Chew gum or opt for hard candy
- Use a stress ball
- Highlight or underline important key terms (or, and, list, define, etc.)



*Adapted in part from University of Western Ontario – Learning Styles*