

STRATEGIES FOR KINESTHETIC LEARNERS¹

Kinesthetic Learners² need to *focus on the application of ideas*. You will learn more through “doing” or experiencing the concepts you learn about in classes. Real-world examples and experiments will create stronger memory connections as you study.

When reading textbooks or attending class, pay attention to the following:

- ✎ Practical applications or real-world examples provided by your instructor.
- ✎ The possibility of field trips, labs, or exhibits on the topic.
- ✎ Reviews of previous assignments. These reviews will connect to your experience writing papers or taking past quizzes and tests.
- ✎ Opportunities for “hands-on” learning.
- ✎ The texture of your notes. Try reading any handouts or textbooks through multiple colored transparencies; this will add another layer of experience to your reading and allow you to remember the experience of reading about each different topic.
- ✎ Your body. Fidget if you need to; just be sure not to frustrate your neighbors.
- ✎ Your state of attention. Ask questions about the material to engage yourself and put it in a new perspective.

After class, try these study strategies:

- ✎ Study while walking, lying on your stomach or back, or in any other position that will not require you to remain at a desk.
- ✎ Connect different movements to different ideas. Example: hop while reviewing one section, then clap in rhythm to the ideas in another and so on. Then, another person can quiz you so that your body is free to move as the material is reviewed in a Q & A-style. When it is time to be tested on the material or to put it into use, you may be able to access ideas by recalling them as “the one I was thinking of while jumping” or “the one I went over during the clapping.”
- ✎ Try to write out concepts, ideas, key words, etc with your finger in the air. This sensation will help you lock into the concept more easily.
- ✎ Incorporate real-world examples or look up case-studies to help you remember abstract concepts.
- ✎ Ask a friend to quiz you out loud, or perform the material for yourself in front of a mirror. Don’t worry if you look silly, it’ll be worth it when you get that A on your test!
- ✎ Take frequent breaks and move around during your breaks.

¹ Material adapted from UC Berkeley’s Learning Assistance Center.

² Kinesthetic learners may have a more difficult time connecting to the lecture-style structure of many high school and especially college courses. In college courses, when possible, try to enroll in courses that have smaller numbers and encourage participation from students. Attend supplemental instruction sessions or make an appointment with a peer tutor who can review with you in a question and answer setting, or provide real-world applications and examples.