

# KINESTHETIC LEARNING STYLE

**Kinesthetic learning** is a **learning** style in which **learning** takes place by the students carrying out physical activities, rather than listening to a lecture or watching demonstrations. “Hands on Learning”

## INTAKE

- all your senses – sight, touch, taste, smell, hearing
- laboratories
- field trips
- field tours
- examples of principles
- lecturers who give real-life examples
- applications
- hands-on approaches (computing)
- trial and error
- collections of rock types, plants, shells, grasses...
- exhibits, samples, photographs...
- recipes – solutions to problems, previous exam papers

## SWOT – STUDY WITHOUT TEARS

Convert your “notes” into a learnable package by reducing them (3:1)

- Your lecture notes may be poor because the topics were not ‘concrete’ or ‘relevant’.
- You will remember the “real” things that happened.
- Put plenty of examples into your summary. Use case studies and applications to help with principles and abstract concepts.
- Talk about your notes with another “K” person.
- Use pictures and photographs that illustrate an idea.
- Go back to the laboratory or your lab manual.
- Recall the experiments, field trip

## OUTPUT

To perform well in any test, assignment or examination:

- Write practice answers, paragraphs
- Role play the exam situation before the exam

## TIPS

### **Study in Short Blocks**

*Shorter study periods, shorter breaks. Use plenty of examples while writing notes. Make associations with examples.*

### **Study with Other People**

*Kinesthetic learners enjoy discussion!*

### **Use Flash Cards**

*Turn recall into a game! \*Ask TRIO staff if you need blank note cards!*



### **Do Something While you Study**

Tap a pencil, squeeze a stress ball or listen to music.