



Tips for Tactile-Kinesthetic Learners



****Not only is it important to know your own learning style, but the learning styles of those around you, such as professors or peers. Although this may be your primary learning style, knowing how to adapt to other learning styles can improve your performance academically****

Clues to Style

- Preference for hands on learning
- Can assemble parts without reading directions
- Needs to be able to touch or manipulate what is being learned
- Prefers to study with a pen or pencil in hand to write things down
- Benefits from pictures or diagrams in notes
- Usually don't have visuals in mind
- Tends to be less organized
- Sense of time difficult because they work better in the present moment rather than seeing the future
- Difficulty sitting still
- Focusing and listening to a lecture without doing something is difficult
- Usually takes notes and likes to write on board
- Likes to do artwork
- Likes to piece things together
- Responds to music by physical movement
- Often found doodling
- Learning is more effective when physical activity is involved
- Learns skills by imitation and practice
- Likes to trace words and pictures
- Often seen "fiddling" with something
- Tasks that require manipulating something usually more successful
- Strong athletic talent

Study Tip Suggestions

- Get hands on—in labs for example—don't just watch someone else do it
- Use models to study—of the human brain, DNA, etc.
- Draw charts or diagrams of relationships
- Skim through reading material to get a rough idea of what it's about before looking for details
- Use finger or bookmark as a guide while reading
- Write, copy, underline and highlight with bright colors
- Trace letters and words to learn spelling and to remember facts
- Use the computer to edit and rewrite lecture notes
- Take frequent study breaks
- Write out everything
- Transfer reduced information to flashcards
- Move around to learn new things (i.e. read while walking or on an exercise bike, mold a piece of clay to learn a new concept)
- Work in a standing position
- Study or brainstorm while walking or working out
- Study with a friend or group
- Use a non-distracting movement while you learn (i.e. tapping pencil, shaking foot, chewing gum, holding something)
- Chew a different flavor of gum with each subject you study
- Try listening to non-distracting music
- Use musical rhythms for memorization patterns
- Make rearranging items a physical activity (don't draw connecting arrows—put them on separate cards to physically rearrange)
- Rewrite information to be remembered
- Act things out (use gestures when speaking, point to material being read or discussed)