

Suggestions for Kinesthetic Learners

You learn best by doing, moving, or having hands-on experiences. Getting information from a textbook (visually) or a lecture (orally) is more difficult than hands-on learning.

Try some of these suggestions.

- To memorize, pace or walk around while reciting to yourself, looking at a list, or studying index cards
- When reading a textbook chapter, first look at the pictures, then read the summary or end-of-chapter questions, then look over the section headings and bold-faced words. Get a feel for the whole chapter by reading the end selection first, and then work your way to the front of the chapter.
- If you need to fidget when in class, try squeezing a Nerf ball or crossing your legs and bouncing the foot that is off the floor. Experiment with other ways of moving; just be sure you are not making noise or disturbing others
- You may not study best at a desk, so when you are at home, try studying while lying on your stomach or back. Also, try studying with music in the background.
- If you have a stationary bicycle, try reading while pedaling.

- Use a bright piece of construction paper in your favorite color as a desk blotter. This is called color grounding, and it can help you focus.
- When studying, take breaks as frequently as you need. Just be sure to get right back to the task. A reasonable schedule is 20-30 minutes of studying and 5 minutes of break.
- When trying to memorize information, close your eyes and write the information in the air, on a desk, or in the carpet with your finger. Picture the words in your head as you do this. If possible, hear them too. Later, when trying to recall this information, close your eyes, and see it with your mind's eye, hear it in your head.
- Move around as you study different topics. That way, you can picture your bed and think of one thing and your desk to think of another.
- Organize information into charts, graphs, and models. Constructing these physical representations will give you hands-on experience with abstract concepts.

