

WHAT LEARNING STYLE FITS YOU BEST: KINESTHETIC?

Visual, Auditory, and Kinesthetic (movement) are the three main learning styles. Think of them as see, hear and touch. Understanding which works best for you can play a big role in figuring out how best to study.

KINESTHETIC/TACTILE LEARNERS:

Try creating something to help you remember lessons (i.e. a scrapbook with different parts/concepts)

Sit near the door or someplace where you can easily get up and move around

Try to be active and take frequent breaks

Activities such as cooking, construction, engineering and art can help to perceive and learn

Take the time to make study sheets to help you prepare for tests/exams

Trace words as you are saying them

It is important that you take and keep notes from lessons

To learn facts, try to write them out several times – you will find having scrap paper around useful for this

