



Kinesthetic Study Strategies

To take in information, use:

- All your senses (sight, touch, taste, smell, and hearing)
- Laboratories
- Field trips
- Field tours
- Examples of principles
- Lectures 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

When reviewing your notes:

- Remember, 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 kinesthetic learner
- Use pictures and photographs that illustrate an idea
- Go back to the laboratory or your lab manual
- Recall the experiments, field trip, etc.

To do well on exams and assignments:

- Write practice answers
- Use photographs
- Role play the exam situation in your room