

Learning Style: Kinesthetic Study Strategies

**Kinesthetic Learners learn by doing. Included below are some strategies for test-taking, note-taking, and studying for kinesthetic learners.**

**If you are unsure of your learning style, visit the link to the Handout “VARK Learning Style Questionnaire” located in the same folder. Proceed with the questionnaire before viewing more study strategies.**

|  |  |
| --- | --- |
| Strategy | Suggested Actions |
| Reading Comprehension & Note-Taking | * When reading a text or taking notes, seek out real-life examples of the concepts discussed.
* Perform experiments and make models or examples of the concepts.
* Take field trips or tours of places to learn concepts hands-on.
* Take laboratory-style classes.
 |
| Study Strategies | * Don’t rely on taking detailed lecture notes – try printing out handouts before class so you can jot down ideas and study the ideas before exams.
* Use real-life examples in your notes and summaries.
* Use pictures and diagrams to illustrate your ideas.
 |
| Test-Taking | * Take practice exams and role-play taking exams in the same room it will take place in.
* Find examples or images to help you mentally illustrate concepts most likely to be on an exam.
 |

**For more information on learning style study strategies:**

The Learning Center

Support Operations for Academic Retention (S.O.A.R.)

Address: Texas Tech University, Drane Hall 164, Mail Stop 5020, Lubbock, TX 79409

Phone: 806.742.3664

Email: patrick.e.bohn@ttu.edu