

# KINESTHETIC LEARNERS

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# WHAT IS A KINESTHETIC LEARNER?

- A learner who best processes information through touch and movement
- A learner who prefers to be personally involved in their learning through moving, doing, and touching

Fun Fact: Kinesthetic learners make up only 5% of the population.



# Traits of a Kinesthetic Learner

## Characteristics

- Enjoy hands-on experiences
- May listen to music during study time
- Like to touch people they're talking to
- Tap their pencil or foot while doing schoolwork
- Like to try new things
- Move their hands while they're speaking
- Excel in athletics and performing arts
- Well-coordinated
- Slow talkers
- Appreciate physical encouragement, like a pat on the back
- Prefers to demonstrate how to do something instead of explaining it verbally
- Prefers to work in a group
- Likes adventure books and movies
- Often learn through trial and error
- Dresses for comfort
- Prefers to sit near doors

## Difficulties

- Has trouble sitting still
- Tend to not read instructions first
- Has difficulty spelling
- Tend to not take notes
- Messy
- Short-attention spans
- Sloppy handwriting
- Struggles with long tests
- Slow to make decisions



# Class Tips for Kinesthetic Learners



1. Sit near the door or someplace where you can easily get up and move around.
2. When you feel your mind wandering, ask questions about the material to engage yourself and put it in a new perspective.
3. Take advantage of lab classes!
4. When designing your schedule, try to ensure you have a break between each class.
5. Bring small manipulatives with you that allow you to move/touch/fidget on a smaller scale. Examples: gum, stress balls, fidget spinners, magnets, Pop Its, etc.
6. Take color-coded notes during lectures. Utilize words, symbols, and pictures in your notes to help you remember the information.

# Study Tips for Kinesthetic Learners

- Handwrite notes instead of just typing or listening. Highlight and underline important information.
- Walk or pace when you are memorizing.
- Make up motions or gestures to help you remember vocabulary words or sequences.
- Role play what you're learning about.
- Trace words as your saying them.
- Try to find real-life examples of abstract and concrete concepts.
- Study in short blocks and take regular breaks.
- Utilize large study tools like white boards or flip charts.
- Listen to recorded lectures while exercising.
- Study in a group!
- As you read through your class notes, make summaries of each page or of each chunk of material.

# More Study Tips for Kinesthetic Learners



- Try to study while lying on your stomach or back. Any position that does not require you to remain at a desk will help!
- Create memorization games out of your study material.
- Try writing on textured papers and varying your writing utensils with various styles of pens and pencils.
- Give yourself practice tests! Make sure that when you take your practice test that you simulate your actual testing environment.
- Paraphrase information on post-it notes and arrange the ideas on a large surface.
- Consider investing in a standing desk and utilize it when studying.

# Reading Notes for Kinesthetic Learners

When completing assigned reading in your textbook, try the Q/E/C (Question/Evidence/Conclusion) method! Follow these steps:

## STEP ONE

Start by dividing the page into two or three sections.



## STEP TWO

Start by forming questions. At this point, you need to concentrate on identifying the main questions in the lecture.

If you can't form the *questions* yet, you can just jot down the key data. Later, you can use this info. to create matching questions.



## STEP THREE

Place matching pieces of information under each key question/topic.

You can include direct quotations, statistics, facts, or even formulas if possible.



## STEP FOUR

The final step is to write the conclusion, which is simply a straightforward answer to the question.

Your conclusion can be either a statement summarizing all the key ideas or a topic sentence that directly answers the initial question.

# Test Taking Strategies for Kinesthetic Learners

- Try to stretch between questions.
- Put plenty of examples in your answers.
- Chew gum or suck on hard candy.
- Use a stress ball.
- Highlight or underline important key terms.
- Draw or **doodle** while trying to recall information.



**Best Test Type:** Short definitions, fill-ins, multiple choice

**Worst Test Type:** Long essays, written response



# APPS FOR KINESTHETIC LEARNERS

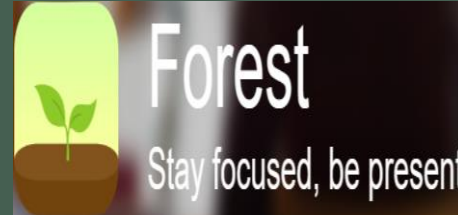


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