

Study strategies for the kinesthetic learner



- To memorize, pace or walk around while reciting to yourself or using flashcards or notes.
- When reading a short story or chapter in a book, try a *whole-to-part* approach. This means you should first scan the pictures, then read headings, then read the first and last paragraphs and try to get a feel for the book.
- If you need to fidget, try doing so in a way which will not disturb others. Try jiggling your legs or feet, try hand/finger exercises, or handle a koosh ball, tennis ball or something similar.
- You might not study best while at a desk. Try lying on your stomach or back. Try studying while sitting in a comfortable lounge chair or on cushions or a bean bag.
- Studying with music in the background might suit you (baroque music is best – as opposed to heavily rhythm-based music).
- Use colored construction paper to cover your desk or even decorate your area. Choose your favorite color as this will help you focus. This technique is called color grounding.
- Try reading through colored transparencies to help focus your attention. Try a variety of colors to see which color works best.
- While studying, take frequent breaks, but be sure to settle back down to work quickly. A reasonable schedule would be 15-25 minutes of study, 3-5 minutes of break time.
- When trying to memorize information, try closing your eyes and writing the information in the air or on a surface with your finger. Try to picture the words in your head as you are doing this. Try to *hear* the words in your head, too.
- Later, when you try to remember this information, close your eyes and try to see it with your *mind's eye* and to *hear* it in your head.
- When learning new information, make task cards, flashcards, electro-boards, card games, floor games, etc. This will help you process the information.

Activities (kinesthetic)

- Surveys
- Demonstrations
- Dance
- Products
- Rocking and reading
- Make a video show
- Field trips
- Role-play / interviews
- Charades
- Plays
- Projects
- Walking and reading
- Musical performances

Activities (tactile)

- Modeling
- Scrapbooks
- Coloring books
- Artistic creations
- Posters
- Task cards
- Whiteboard
- Games
- Calculators
- Puzzles
- Workbooks
- Displays
- Collages
- Flip charts
- Learning circles
- Computers

Study strategies for the auditory learner



- Study with a friend so you can talk about the information and HEAR it, too.
- Recite out loud the information you want to remember several times.
- Ask your teacher if you can submit some work (if appropriate) as an oral presentation, or on audiotape
- Make your own tapes of important points you want to remember and listen to it repeatedly. This is especially useful for learning material for tests.
- When reading, skim through and look at the pictures, chapter titles, and other clues and say out loud what you think this book could be about.
- Make flashcards for various material you want to learn and use them repeatedly, reading them out loud. Use different colors to aid your memory.
- Set a goal for your assignments and verbalize them. Say your goals out loud each time you begin work on that particular assignment.
- Read out loud when possible. You need to HEAR the words as you read them to understand them well.
- When doing math calculations, use grid paper to help you set your sums out correctly and in their correct columns
- Use different colors and pictures in your notes, exercise books, etc. This will help your reminder them.

Activities

- Oral report or presentation
- Teach the class or group
- Panel discussion
- Debate
- Tape recordings
- Songs
- Raps
- Poems
- Musical performance
- Puppet show
- TV / radio show
- Verbal games
- Show and tell / current events
- Peer tutoring
- Oral presentations
- Demonstrations
- Oral recitation

Study strategies for the visual learner



- Write things that you want to remember down; you will remember them better
- Look at the person who is speaking to you; it will help you focus.
- Try to work in a quiet place. Wear earmuffs or earplugs if necessary. Some visual learners do, however, like soft music in the background.
- If you miss something a teacher says or do not understand, ask politely if they could repeat or explain.
- Most visual learners learn best alone.
- When studying, take many notes and write down lots of details.
- When trying to learn material by writing out notes, cover your notes then re-write. Re-writing will help you remember better.
- Use color to highlight main ideas.
- Before starting an assignment, set a goal and write it down. Even post it in front of you. Read it as you do your assignment.
- Before reading a chapter or a book, preview it first by scanning the pictures, headings and so on.
- Try to choose a desk away from the door and windows and close to the front of the class.
- Write your own flashcards. Look at them often and write out the main points, then check.
- Where possible, use charts, maps, posters, films, videos, and computer software, both to study from and to present your work (where appropriate).

Activities

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|------------------|-----------------|---------------------|
| • Diagrams | • Recipes | • Slide Shows |
| • Graphs | • Magazines | • Movies |
| • Photographs | • Reading | • Movies |
| • Coloring books | • Books | • Written reports |
| • Posters | • Maps | • Flash cards |
| • Collages | • Charts | • Crossword puzzles |
| • TV shows | • Illustrations | • Letters |
| • Games | • Displays | • Bulletin Boards |
| • Newspapers | • Cartoons | • Word find puzzles |

Q. What are learning styles?

A. Learning styles are simply different approaches or ways of learning.



Visual Learners:

learn through seeing...

These learners need to see the teacher's body language and facial expression to fully understand the content of a lesson. They tend to prefer sitting at the front of the classroom to avoid visual obstructions (e.g. people's heads). They may think in pictures and learn best from visual displays including: diagrams, illustrated text books, overhead transparencies, videos, flipcharts and hand-outs. During a lecture or classroom discussion, visual learners often prefer to take detailed notes to absorb the information.



Auditory Learners:

learn through listening...

They learn best through verbal lectures, discussions, talking things through and listening to what others have to say. Auditory learners interpret the underlying meanings of speech through listening to tone of voice, pitch, speed and other nuances. Written information may have little meaning until it is heard. These learners often benefit from reading text aloud and using a tape recorder.



Tactile/Kinesthetic Learners:

learn through , moving, doing and touching...

Tactile/Kinesthetic persons learn best through a hands-on approach, actively exploring the physical world around them. They may find it hard to sit still for long periods and may become distracted by their need for activity and exploration.