

Study Tips for Kinesthetic Learners

Some people are kinesthetic learners: people who need motion to learn. These people can't exactly learn the best from just hearing something said or from seeing it—they need to do it. These are often called "tactile" learners, too, though on a practical level "touch" is really a distinct learning type. You can be one without being the other, so don't be too attached to the technicalities.

The fact is, even in the overall "kinesthetic" learning type, different subtypes exist, and only partially because of different possible secondary learning type combos. Colors help some people; hinder others. Some people find themselves better oriented towards the doing aspect that teachers usually cater to; others find it better just to move.

Kinesthetic Learners

Most of the school population excels through kinesthetic means: touching, feeling, experiencing the material at hand. "Children enter kindergarten as kinesthetic and tactual learners, moving and touching everything as they learn. By second or third grade, some students have become visual learners. During the late elementary years some students, primarily females, become auditory learners. Yet, many adults, especially males, maintain kinesthetic and tactual strengths throughout their lives." (*Teaching Secondary Students Through Their Individual Learning Styles*, Rita Stafford and Kenneth J. Dunn; Allyn and Bacon, 1993) <http://school.familyeducation.com>

1. Chew

Does your school or situation allow you to chew gum? Do you lack braces or TMJ? Then quietly chewing a bit of gum might offer the motion stimulus you need to help you learn. Just make sure you keep your mouth closed—smacking's a sure way of making others mad at you and maybe even of losing your gum privileges.

2. Color

Make a photocopy of your notes or the map or whatever you're studying. Now pull out some colored pencils, highlighters, or whatever you have available, and color it! Pay attention to what you're coloring, and the act of coloring could be your best option. It's also possible that the mere act of color-coding your notes might be enough.

3. Jitter

This can really annoy people, but sometimes silently tapping your leg or bouncing your foot can be the stimulus you need to learn or maybe even pay attention when listening to a lecture, since it's a healthy alternative to (rudely) picking your nails. The foot-bouncing produces less movement and less distraction to those around you than leg-bouncing does, so even those who protest leg motion might be placated with this compromise.

4. Type

Type out your notes on a computer, typewriter, or calculator (though I wouldn't advise that last one for time reasons). Pay attention as you type, and experiment with different fonts and coloring. If this works for you, regular black type will probably be fine, but some people will find colored cursive reminiscent of their own highlighted handwriting better.

5. Walk

Some folks' personal favorite: walking. Take your notes and repeat them to yourself while walking. If you're in a rush, walking faster or bouncing while you walk can sometimes help, though this method's effectiveness might vary with subject. When space is limited (or you're in a hallway awaiting a test), a few-step pace back and forth can suffice instead of a wide circling you might prefer when you have room.

6. Write

Try writing out your notes by hand. Some people find this method the cement for their memories, especially some forms of visual learners. If trying this method, you do have to pay attention to what you're writing and can't just run on autopilot. Experiment with pencil and pen, polychromatic (colored) and monochromatic (black and white).

7. Yo-yo

As crazy as this might sound, some people have their best results from this one: studying while yo-yoing. The motion and sound (the yo-yo has a type of buzzing sound while twirling on the string) make this method especially useful to audio-kinesthetic learners. If you try this one, you'll probably find yourself walking while studying, as well.

Chances are, even if you are a kinesthetic learner, some of these methods will be worthless to you—especially if you, like me, can't yo-yo. Experiment with these methods, and pay attention to what you naturally do when trying to pay attention to someone (even if you're usually reprimanded for doing it). Perhaps your natural tendency can be adjusted into something that won't get you into trouble; maybe, instead of picking your nails, you can bounce your foot.

<http://www.dirjournal.com/guides/study-tips-for-kinesthetic-learners>

[Study Tips for Visual Learners](#)

Visual Learners

Some students rely upon a visual learning style: "Show me and I'll understand." Visual learners benefit from diagrams, charts, pictures, films, and written directions. These students will value to-do lists, assignment logs, and written notes. Many of these techniques, however, also benefit kinesthetic learners.

Most people are visual learners: people who learn by seeing. You can say something to them, or have them work through it, but if they don't see what they're doing... Well, you'd be better off telling it to your cat, since at least that wouldn't even be trying to understand you.

<http://school.familyeducation.com>

Even within the "visual" type, subtypes exist, as do different learning type combos. For example, someone's learning style can be primarily kinesthetic and visual (from monochromatic words, typed). As that visual subtype suggests, it's possible for visual learners to be quite specific as to what type of seeing works best for them. For most, pictures work best, but this is not the case for everyone. Some do better from words (arguably called the "verbal" learning style, though that has some other not-always-applicable baggage). You'll probably find a combination of the methods below to help you.

1. Black & White

Some visual learners, like me, do best with a “monochromatic” setting: black and white. Colors can actually hinder learning in people like this. Highlighters are a big no-no. If faced with something in color that you have to learn, making a grayscale photocopy to study can help.

2. Colored

Make a copy of what you’re studying and color or highlight it. The coloring itself might help those with a kinesthetic leaning, but if that’s not you, pay more attention to the finished product. If colors help you, think of yourself as a “polychromatic” visual learner, requiring “many colors.”

3. Computer Screen

Study off your computer screen. You do read things differently on computer (due to the technicalities of monitor function); a minority of visual learners who prefer computer screens undoubtedly exist. Visual learners in general might also find it better to study things they’ll only use on computer (like HTML) onscreen rather than off a printed page.

4. Pictures

Are there pictures in your textbook or notes? Study them. In areas that you don’t have pictures, find some, so you can study the pictures to help you remember. (Google image search can work well.) If this works best for you, always try to get a map when going places instead of written directions, too’ unless you like being lost, of course.

5. Sketch

When studying something, pay attention to its context in the entire page. You’ll be glad you did later when you successfully recall the answer by sketching the page layout on your scrap paper. Granted, this doesn’t always work; nor does it work for everyone, but it’s a pretty standard recall assistant for visual learners.

6. Text

Study text, but experiment between handwritten notes and printed typed-out pages. Experiment with cursive and print on the handwritten side (unless you’re one of those people who struggle to read cursive). Those who prefer type will probably prefer a standard font like Times New Roman or Verdana, but you should probably at least test a non-standard font to make certain that isn’t your mental preference.

7. Watch

Find a film documentary or TV show talking about the subject, especially if you’re also an auditory learner. The films don’t even have to be professionally made; maybe you could find some short homemade ones online. Can’t find that? You could even try to make your own, if you have to, and have access to a camcorder, which would particularly help visual-kinesthetic learners.

You’ll have to mix and match these suggestions to find what works best for you. Pictures might work better than text, but monochromatic or polychromatic ones? Should you print the pictures or will viewing them on your computer screen be better? Finding the proper combination for you will take work.

<http://www.dirjournal.com>

Study Tips for Auditory Learners

Auditory Learners

Auditory learners tend to benefit most from traditional teaching techniques. Many teachers use a lecture-style forum, presenting information by talking to their students. Regulating voice tone, inflection, and body language will help all students maintain interest and attention. Auditory learners succeed when directions are read aloud, speeches are required, or information is presented and requested verbally. <http://school.familyeducation.com>

If you have recognized yourself as being an auditory learner, there are a few simple adjustments you can make to your studying routine to help maximize how much you learn and retain.

Auditory learners are generally helped by things that they hear. Rather than endless notes, they prefer to listen to tapes and recordings, and have a tendency to read aloud to themselves, which also helps the learning process.

If you're not sure of your learning style, take a look at the article called 'What's Your Learning Style?' that can be found on this site.

Study Tips

1. Use some kind of recording device to record lectures and classes and play them back to yourself in the following days, and later on for revision. You can also use the recorder to record yourself reciting key facts, figures or equations that you need to remember and listen to them while doing other tasks, for example housework, traveling or working out.

Sit towards the back or side of a classroom or lecture hall. This way you will not be affected by any visual distractions such as diagrams, or even the facial expressions and gestures of the teacher, and you can fully concentrate on listening.

1. Take any opportunity you can to give talks and presentations. Not only will the preparation help your learning, but also hearing yourself repeat the information will help reinforce it in your mind.
1. Repeat facts and figures, or anything you have to remember, over and over to yourself with your eyes closed. This avoids any mental stimulation from other sources, and you will be solely hearing yourself and the information you need to learn.
1. Take part in study groups which gives you the opportunity to talk through what you have learned with your fellow students. Not only will you be reinforcing key points through what you say yourself, but you will also be listening to other people, who may be rephrasing what has been taught in a different way, helping you process the information. If there isn't a study group – be proactive and start one!
1. Use word association techniques, mnemonics or songs as an aid to memorizing. This can be especially useful in language learning. For example, the mnemonic 'bags' is helpful when

learning French to remember which adjectives are used before rather than after the noun – Beauty, Age, Goodness and Size. Many more such word associations and mnemonics can be found with a quick internet search and will help these rules stick like glue.

1. Find an appropriate place to study. Needless to say a library will not be the best place, as you will end up disturbing others with your repetitions, songs and mnemonics. A bedroom or study would be ideal where you can be alone and not feel ridiculous as you read aloud to yourself, and repeat facts and figures.

Try some or all of these study tips and discover how easy it can be to retain information. While we tend to fall mainly into one of the three learning styles, there may be some elements of the two that you find useful, so check out the articles on visual and kinesthetic learning that can be found on this site.

<http://edufire.com/content/articles/88-study-tips-for-auditory-learners>

BASIC STUDY HABITS

You can prepare yourself to succeed in your studies.

Try to develop and appreciate the following habits:

- **Take responsibility for yourself**
Recognize that in order to succeed you need to make decisions about your priorities, your time, and your resources
- **Center yourself around your values and principles**
Don't let friends and acquaintances dictate what you consider important
- **Put first things first**
Follow up on the priorities you have set for yourself, and don't let others, or other interests, distract you from your goals
- **Discover your key productivity periods and places**
Morning, afternoon, or evening?
Find spaces where you can be the most focused and productive.
Prioritize these for your most difficult study challenges
- **Consider yourself in a win-win situation**
When you contribute your best to a class, you, your fellow students, and even your teacher will benefit.
Your grade can then be one additional check on your performance
- **First understand others, then attempt to be understood**
When you have an issue with an instructor (a questionable grade, an assignment deadline, etc.) put yourself in the instructor's place.
Now ask yourself how you can best make your argument given his/her situation
- **Look for better solutions to problems**
For example, if you don't understand the course material, don't just re-read it.
Try something else! Consult with the professor, a tutor, an academic advisor, a classmate, a study group, or your school's study skills center
- **Look to continually challenge yourself**

Partially adapted from the audio cassette by Steven Covey,
Seven Habits of Highly Effective People

Learning – How to make it ‘stick in your head’!

- Take good notes in your class lectures and textbooks
- Review your notes soon after class/lecture
- Review notes briefly before the next class
- Schedule some time at the end of the week for a longer review

<http://www.studygs.net>
