

Strategies for Tactile/Kinesthetic Learners

Tactile/Kinesthetic learners learn best when they can use their sense of touch and can move about. If you are a tactile/kinesthetic learner, the suggestions that follow can help you to succeed in school to the best of your ability.

- Be physically active while you study. Rather than just sit at your desk, occasionally walk back and forth with your textbook or notes as you read the information out loud.
- To decrease your fidgeting as you study, listen to music, preferably baroque music. However, discontinue this if you find the music to be distracting.
- Make extensive use of a computer and the Internet. Actively touching the keyboard will keep your mind active.
- Take extensive written notes in class. Edit and type them later.
- Study in short blocks of time with frequent but short breaks.
- Do something physical as you study such as tapping a pencil or squeezing a stress ball.
- Use your finger as a guide while reading.
- Act out things you have to learn whenever possible.
- Construct models of things you have to learn whenever possible.
- If you find it difficult to sit at a desk when studying, try lying on your stomach or back.
- When trying to remember information, close your eyes and "write" the information in the air. Picture the information in your mind as you do so.
- Use concrete objects to help you understand math concepts.

When trying to learn the spelling of a difficult word, arrange letter blocks to spell the word.

For more Learning Tips please visit: www.stlawrencecollege.ca/studentsuccessfacilitators