

## Tips for Kinesthetic Learners

**Kinesthetic (or tactile) learners** learn best by moving, touching or doing. Kinesthetic learners benefit from hands-on experiments, taking notes, writing and re-writing notes. If you are a kinesthetic learner, here are some strategies for using your learning style to your best advantage in the classroom and in your study habits:

1. Work out as many problems as you can. The key is to do a LOT of repetition!
2. If possible, use a physical model of the concept you are trying to learn. You can use measuring devices, coins or other objects.
3. When working with a study partner or tutor, work out problems with them or work another similar problem after they work out one.
4. Determine motions that help focus your mind (tapping your foot, chewing gum, working a handheld stress ball or Koosh ball, etc.)
5. Review math concepts while you are engaged in other activities (working out, driving, etc.)
6. Use your hands or other objects to figure out problems.
7. Use a calculator.
8. Rewrite class notes.
9. Take frequent breaks to move around or shift while studying.

