

# Learning Styles

## Kinesthetic Learning



# Kinesthetic Learning

- Have two sub-channels: **kinesthetic** (movement) and **tactile** (touch)
  - Kindergarten learning video
- Means being physically engaged in a "hands on" activity
- Involves tactile learning
- Use all your senses – sight, touch, taste, smell & hearing





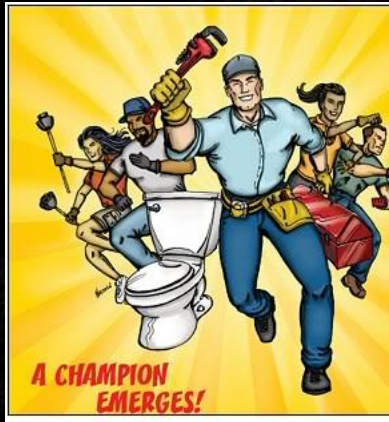
# Kinesthetic learners like to move it, move it...

- Do best while touching materials and moving [Move It Music](#)
- May be a collector of things
- Tend to lose concentration if there is little or no external stimulus or movement
- Need to move around
- When reading
  - They like to scan the material first
  - then focus in on the details (get the big picture first).
- Should involve all of the senses



# Kinesthetic Intelligence is found in ...

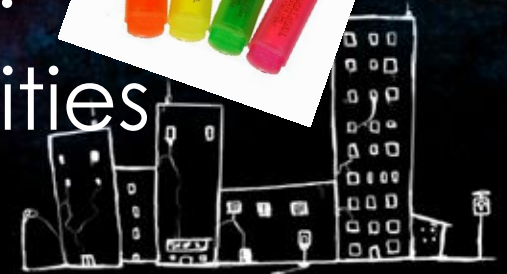
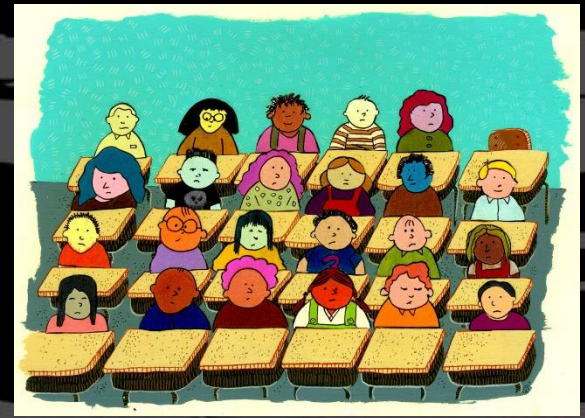
- Inventors, lab technicians, architects, physical therapists, chiropractors, surgeons, and dentist
- Actors, sculptors, jewelers, gardeners
- Mechanical, construction and craft trades – do-it-yourself type of people





# In Class I should...

- Sit near front of room
- Take notes for the sake of moving hands!
  - Jot down key words & draw pictures, diagrams or charts to help remember info
  - Add the examples, case studies or applications
- Use color highlighters—why?
- Fully participate in lab activities



# Success Techniques

1. Develop routines & habits for learning
2. Be directly engaged; move & act things out
3. Involve all your senses in learning!
4. Be proactive in writing/typing
5. Use thinking maps (they're fun)
6. Use technology and take advantage of hand/eye coordination





# How to Study at Home

- Make models that illustrate key concepts
- FOR LEARNING SEQUENCE OF STEPS:
- Use 3'x5' cards, put words, symbols, or pictures to help remember info
  - Use highlighter in contrasting colors to emphasize important points
  - Limit amt. of info per card
  - Practice putting cards in order (sort)



# Home Continued...

## To Review Information

- Copy key points to whiteboard or other surface
- Use computer to reinforce learning through sense of touch
- Listen personal recordings on iPod or phone while exercising or moving around; talk to another K person
- Role play the exam





# Summary

- You need to do things to understand
- Remember as you get older you will get better at other ways of learning!
- Corporate boardrooms do not present information via a lab...
- [Kinesthetic Learning](#)



