What's Your Learning Style?

Tactile/Kinesthetic Learners - Description of Your Learning Style
If you are a tactile learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands and with gestures, and you may have difficulty sitting still.

As a tactile learner, you like to take things apart and put things together, and you tend to find reasons to tinker or move around when you become bored. You may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process. You often communicate by touching, and you appreciate physically expressed forms of encouragement, such as a pat on the back.

Things You Can Do to Learn Better
- Participate in activities that involve touching, building, moving, or drawing.
- Do lots of hands-on activities like completing art projects, walking, or acting.
- It's OK to chew gum, walk around, or rock in a chair while reading or studying.
- Use flashcards and arrange them in groups to show relationships between ideas.
- Take frequent breaks during reading or studying periods (frequent, but not long).
- It's OK to tap a pencil, shake your foot, or hold on to something while learning.
- Use a computer to reinforce learning through the sense of touch.
- Remember that you learn best by doing, not just by reading, seeing, or hearing.

Study Techniques
- 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. You could also try skim-reading the chapter or short story backwards, paragraph-by-paragraph.
- 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 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.
- 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 colors work best. Studying with music in the background might suit you.
- 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, card games, floor games, etc.