



# Kinesthetic/Tactile Learning Style

Information and Study Strategies

# Tactile Learners...

- Learn by engagement
- Learn by touching and doing
- Prefer labs and clinicals
- Are often pencil tappers and leg bouncers
- Often end up in more physically active degrees/professions...such as nursing
- Recall things they physically did better than anything read or heard



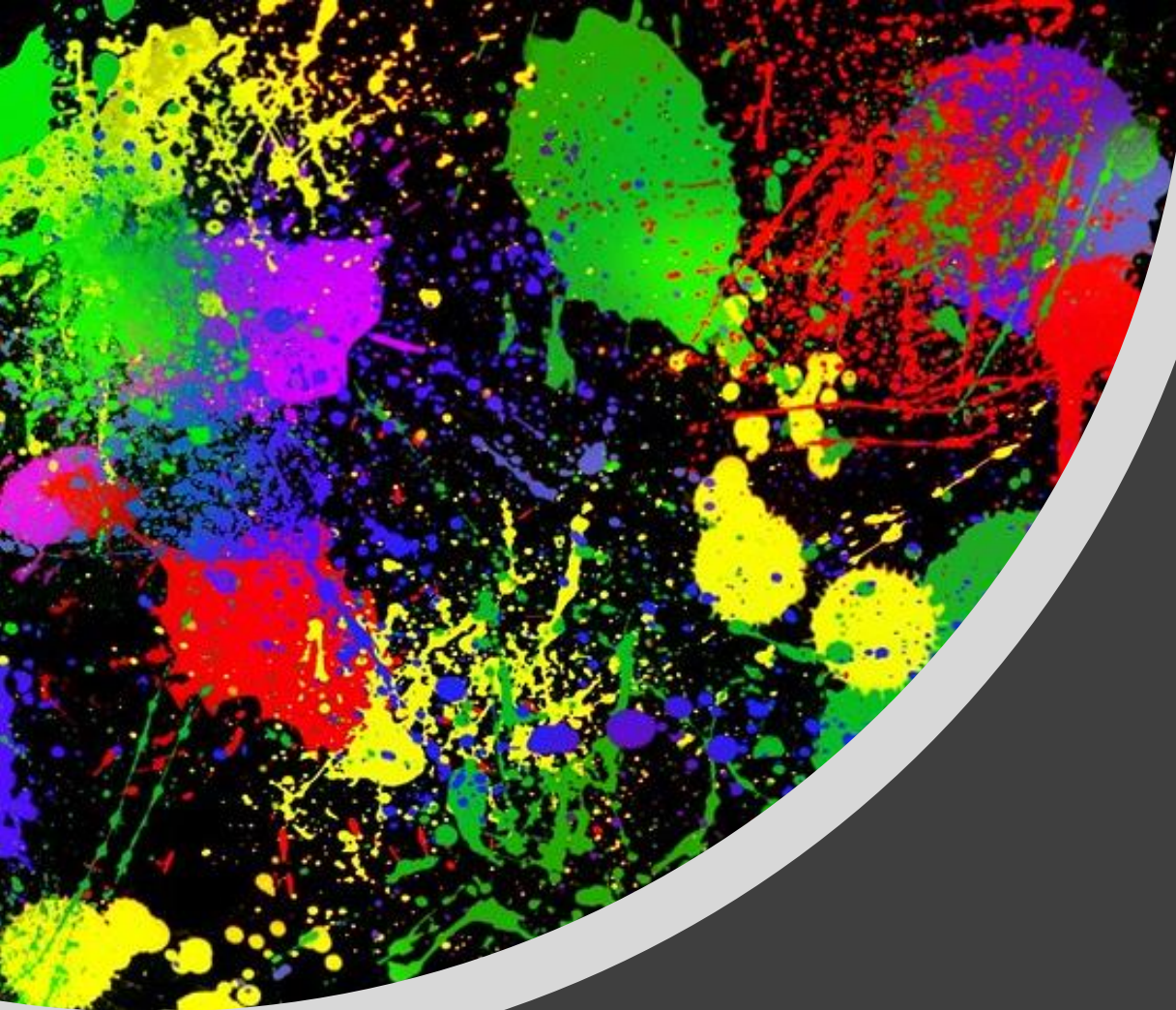




# Study Strategies

---

- Do the activities your instructors include for study purposes
- Participate as much as possible at your clinicals
- Try to study sitting up at a table as that is how you will take your exams
- Try chewing gum when you study and then the same flavor of gum during the exam. It sounds weird, but it works!
- When possible, find videos that actually show you the processes. It's the next best thing after actually doing.
- Try to do something active while you study to stay engaged. You could bounce a ball or even just twist a rubber band around a pencil.
- Actively underline, highlight, circle, draw a box, a doodle, etc... while you study



# Test Strategies

- Chew that same flavor of gum!
- Find a way to silently move during the exam-  
bouncing your leg, rolling pencil between hands,  
etc...
- Sit in a similar position to when you studied the  
material
- Draw or write out steps or concepts as you envision  
doing or watching it in your head