

**Best test type:**  
Short definitions, fill-ins,  
multiple choice

**Worst test type:**  
Long essays, tests

## KINESTHETIC LEARNERS



### LEARNING SUGGESTIONS



- Study in short blocks
- Take lab classes
- Go on field trips
- Study with others
- Use memory games and flash cards to memorize facts

### CHARACTERISTICS



Tend to be the slowest talkers



Learn by doing and solving real-life problems



Like hands-on approaches



Can't sit still for long, get fidgety



Take breaks when studying



Suffer from short attention spans

If you are a kinesthetic or tactile learner, these strategies may help you excel in your classes

- Get creative and dynamic with your studying
- Find ways to make learning and studying active
- Do more problems rather than review how to do them
- Rewrite lecture notes after class
- Actively participate in class discussions
- Find and use a stress ball
- Move while you study
- Take a minute or two break every time you get distracted or feel antsy while studying
- Make your study time hands-on by using learning maps or going outside
- Find real-life applications for everything you are working on