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