Kinesthetic Study Strategies
(active-learning)

1. **Class Tips** – Be on the lookout for courses that involve some kind of hands-on learning. This might be tricky in a theoretically based liberal arts college, however there are several classes offered which are hands-on. For example: studio art classes, some recreation courses, some music courses, courses with labs such as biology and chemistry, physical education courses. Spread these courses out (one per semester) during your time in college.

2. **Interactive Courses** – Find out from other students which professors make their course more interactive and vary the activities in the course instead of lecture-only courses.

3. **Group study** – Study in groups, discuss material with others, try and make up practical examples based on the material, teach the material to others.

4. **Make study active** – Reading instructions might be difficult. Try and paraphrase instructions and speak them out loud. Talk to others about projects and assignments.

5. **Observe** – You learn best by watching someone else perform an activity rather than reading about how to perform an activity.

6. **Breaks** – Take frequent movement breaks during your study time. If possible, move while studying. Add a physical activity like pacing, rewriting or typing notes to make learning kinesthetic. If you get books on tape, walk while you listen.