

visual * aural * read/write * kinesthetic

VARK[®]

a guide to learning styles

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Kinesthetic Strategies

Key words:

senses, practical exercises, examples, cases, trial and error.

Description:

This preference uses your experiences and the things that are real even when they are shown in pictures and on screens.

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If you have a strong **Kinesthetic** preference for learning you should

of the following:

[products](#)

[news \(http://vark-learn.com/category/news/\)](http://vark-learn.com/category/news/)

[about](#)

[questionnaire](#)

[using vark](#)

ie results have been amazing: Student

failure decreased by about 30%,

teachers are happier and we've just been

commissioned to design a project to

support high schools in our community...

[contact](#)

INTAKE

To take in the information:

- all your senses – sight, touch, taste, smell, hearing ...
- laboratories
- field trips
- field tours
- examples of principles
- lecturers who give real-life examples
- applications
- hands-on approaches (computing)

Language:

Choose a language

English ▼

Testimonials

most students who completed the survey showed improved academic performance

It was a popular assignment (some students said it was "fun") and provided useful information for me and my colleagues about our students.

—
Cesar D'Leon

- trial and error
- collections of rock types, plants, shells, grasses...
- exhibits, samples, photographs...
- recipes – solutions to problems, previous exam papers

SWOT – Study without tears

To make a learnable package:

Convert your “notes” into a learnable package by reducing them (3:1)

- Your lecture notes may be poor because the topics were not ‘concrete’ or ‘relevant’.
- You will remember the “real” things that happened.
- Put plenty of examples into your summary. Use case studies and applications to help with principles and abstract concepts.
- Talk about your notes with another “K” person.
- Use pictures and photographs that illustrate an idea.
- Go back to the laboratory or your lab manual.
- Recall the experiments, field trip...

OUTPUT

To perform well in any test, assignment or examination:

- Write practice answers, paragraphs...
- Role play the exam situation in your own room.

You want to experience the exam so that you can understand it.

The ideas on this page are only valuable if they sound practical, real, and relevant to you.

You need to do things to understand.

(<http://vark-learn.com>)

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