VARK Learning Style
Kinesthetic

How to use your VARK Learning Style

Kinesthetic learners learn best when physical activity is involved. You will probably need to involve movement into your study. You may need to find ways to engage your physical senses, such as touch (using a stress ball or a more interactive note-taking method) during lectures.

Learning strategies:

- Skim through reading material first to understand the theme or main idea
- Move around as you read aloud or study; walk and read; work in a standing position
- Record notes & lectures and listen to them while exercising (treadmill or stationary bike)
- Take frequent brief study breaks (move around for a few minutes)
- Listen to music while studying
- Sit in the front of the classroom
- Stay actively engaged in class: take notes, write key points, draw charts
- Create hands-on learning when possible: Use models, extra lab time, visit museums or places that connect to course material
- Create cards for processes:
  - Color code like information
  - Limit information: use key words, symbols
  - Arrange in order; shuffle and repeat
- Type over notes from text and class
- Create spreadsheets, tables, charts to organize material

Study Environments on Campus:

Edmon Low Library reserve-able study rooms with smart & white boards to allow movement, drawing, and other types of studying within a controlled area. Colvin Center & Sertean Wellness Center for treadmills & stationary bikes to combine light exercise with recorded lectures or notes.

To take the VARK Learning Styles Assessment:

Please visit www.vark-learn.com

For more information, please visit lasso.okstate.edu/success-coaches or contact Lasso at (405) 744-3309