Your VARK Results

Your scores are:

- Visual 2
- Aural 1
- Read/Write 5
- Kinesthetic 9

You have a strong kinesthetic learning preference.

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 shown in pictures and on screens.

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)
- 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. Case studies and applications 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 to 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 you can understand it.

The ideas on this page are only valuable if they sound practical, real and relevant to you. You need to <u>do</u> things to understand.