

# The TACTILE

## LEARNER

### Characteristics

### Learning Tips

1

#### Moves to learn

Also known as a kinaesthetic learner, you learn by touching and doing. You favour physical movement and are probably good at sport.

2

#### Likes hands-on

You prefer to move, build, touch and draw, rather than listen or watch. You like to try something for yourself.

3

#### Does to remember

You remember things best when you have done them yourself, for example cooking a meal or fixing an engine.

4

#### Gets fidgety

You tend to start fidgeting when you've had to sit still for too long or when something is getting boring.

5

#### Struggles with ...

You may suffer from a short attention span and can find it difficult to sit still.

#### Examples

Training that uses examples and case studies to explain concepts will be easier for you remember.

#### Discuss

Try discussing what you have learned with someone. This can help you remember things better.

#### Get active

You will take information in better if it is accompanied with activity. Try active learning, like role plays and problem solving.

#### Move

Move while you study. Tap a pencil (if appropriate), squeeze a ball, shake a foot. This can help to keep you focused. Typing can also help reinforce learning.

#### Take breaks

Don't attempt marathon study sessions. You work better in short, frequent bursts. Do something physical in your breaks.

