

Suggestions for Haptic Learners

You will learn best by doing, moving, or hands-on experiences. Getting information from a textbook (visually) or a lecture (auditorily) is just not as easy for you. Try some of these suggestions and create some more that will work for you.

++ To memorize, pace or walk around while reciting aloud or to yourself or while looking at a list or information on index cards.

++ When reading a textbook chapter, first look at the pictures, then read the summary or end-of-chapter questions, then look over the section headings and bold-faced words. Get a 'feel' for the whole chapter by reading the end selections first, and then work your way to the front of the chapter. This is working whole-to-parts.

++ If you need to fidget when in class, cross your legs and bounce or jiggle the foot that is off the floor. Experiment with other ways of 'moving'. Be sure that you are not making noise or disturbing others. Try squeezing a tennis or nerf ball, with the teacher's permission.

++ You may not study best at a desk. When you are at home, try studying while lying on your stomach or back or while walking around the room. Also, try studying with music in the background.

++ If you have a stationary bike, try reading while pedaling. Consider purchasing a reading rack that will attach to the handlebars and hold your book. You may also use a reading rack while walking on the treadmill.

++ Use a bright piece of construction paper in your favorite color as a desk blotter. This is called color grounding. It will help to focus your attention. Also, try reading through a colored transparency. Experiment with different colors and different ways of using color.

++ When studying, take breaks as frequently as you need them. Just be sure to get right back to the task. A reasonable schedule is 10-30 minutes of study and 5 minutes of break. Avoid TV and talking on the phone during break time! These two activities will prolong your break and may make it difficult to get back to your studies.

++ When trying to memorize information, try closing your eyes and writing the information in the air or on a desk or carpet with your finger. Picture the words in your mind's eye as you do this. If possible, hear them in your mind, too. Later, when trying to recall this information, close your eyes and see it in your mind's eye and hear it in your mind.

++ You learn via hands-on activities: touching and feeling manipulatives, games, Charades.

++ Use large and small muscle movements by moving your body to form a shape, number, letter, word or syllable. Write your spelling and vocabulary words in the air, on the floor, on the table. Take notes, keep a journal, do board work, and draw ideas and information.

++ You can learn information placed in a familiar song or rhythm that you can sing, chant or move to the rhythm.

++ Finger multiplication, rice or macaroni letters, felt or burlap words, clay shapes to trace—all will help you to learn.

++ You prefer field trip and please touch museums to lectures.