VARK LEARNING STYLE:

KINESTHETIC

PEER MENTORING ACADEMIC PROGRAM

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KINESTHETIC LEARNING STYLE

Visit http://www.vark-learn.com/ to learn more about the VARK Kinesthetic Learning Style

Disclaimer
This presentation is composed of suggestions compiled by UFCOM students

These are only recommendations which may need to be modified to best meet your academic needs and preferences

Please note that students often need to utilize multiple study strategies to appropriately learn the material. It is recommended that you review all 4 presentations to create a study routine that best suit your needs
KINESTHETIC STUDY METHODS

• Reduce the notes for one lecture into one page
• Get hands-on in lab (don’t just watch someone else do it)
• Draw charts or diagrams of relationships
• Make mindmaps
• Preview the material
• Write, copy, underline and highlight with bright colors
• Take frequent study breaks
• Try listening to non-distracting music while studying
• Rewrite information to be remembered
• Study in different places throughout the week
INKLING (WEB, IPAD, IPHONE)

- Website sells several of our required textbooks in digital format
- Self-quiz mode for many of the diagrams
- Sync across all of your devices
NETTER APP (IPHONE, IPAD)

- 531 Netters Plates from the 5th edition of the Atlas of Human Anatomy
- Highlighted search results
- Quiz functions
- Use images to create your own flashcards
PICMONIC APP (WEB)

- Audio-visual mnemonics
- Stories that link together concepts: Creative version vs. Classic version
- UF students receive a 20% discount

http://picmonic.com/
VH DISSECTOR SELF QUIZ

Create a **PowerPoint presentation** with the material from the **VH Dissector**

((created by Lauren Pearson, Brittany Beel, Eric Swanson)
CASE STUDIES

Create case studies from lecture materials
(by Lauren Pearson)

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Case #1

A five-year-old male child presents to your urgent care clinic. His mother is worried because he woke up with "puffy eyes" and his ankles were swollen. His past medical history is unremarkable.

Which test(s) would be most helpful in confirming your clinical suspicion?
A. A fundoscopic examination of the eyes to check for lens abnormalities
B. A urinalysis
C. A blood panel
D. A renal biopsy

Bonus question: what are the three major etiologies of peripheral edema?
Congestive heart failure, liver failure, nephrotic syndrome
CHARTS AND TABLES

- Create charts and tables from lecture materials
- Each lecture note is one page (one-side) and no more

<table>
<thead>
<tr>
<th>Completeness of follow-up</th>
<th>Worst case scenario method, in which case any pts lost to follow up are assumed to be “doing poorly and seek alternative care” while any ones lost in the control arm are said to be “doing well and don’t come back.” Then you calculate those lost to follow up back in.</th>
</tr>
</thead>
</table>
| • Advantage: guards against other bias  
• Disadvantage: may underestimate full effect | Surgery  
(N=250)  
SF-36: 75pts  
20% Loss  
50 patients (mean: 40 pts) “Doing poorly and seek alternative care”  
(200*75 + 50*40)/(250*100) = New SF-36 for surgery |
| Intention to treat | Every participant analyzed as randomized (regardless of cross-over or whether or not the pt was treated)  
Versus Per protocol (always looks better than intention-to-treat): analysis limited to those participants who actually received treatment  
Disadvantage: Pts who adhere to study treatment may be different than the |
| • Advantage: guards against other bias  
• Disadvantage: may underestimate full effect | Non-Operative  
(N=250)  
SF-36: 60 points  
20% Loss  
60 patients (mean: 80 pts) “Doing well and don’t come back”  
(200*60 + 50*80)/(250*100) = New SF-36 for non-op |

(by Nayelah Sultan, MS2)
MEMORY GAMES

- Create memory games to reinforce material learned
- Allows for quick review before quizzes/exams

(photos and notes by Ella Uwaibi, MS2)
PHARMACOLOGY STORIES

• Create a story for each drug and all the associated information
• Rewrite your story on a whiteboard until you are able to recollect all facts from memory

(Notes and photographs by Ella Uwaibi, MS2)
RESOURCES

- **FLASHCARDS (DIGITAL):** Mental Case, Quizzlet, Anki
- **APPS:** Anatomy Atlas, Virtual Human Body, iThoughtsHD, Netter Atlas, iAnnotate, Notability, Goodreader, Dictamus
- **TEXTBOOKS:** Paper, PDF, Inkling
- **VIDEOS:** Pathoma, Kaplan USMLE Step 1 Prep, Dr. Najeeb, Acland
- **AUDIO:** Goljan Audio (pathology), Blaufuss Sound builder (heartsounds)
- **NOTE-TAKING SOFTWARES:** Preview (Mac), Adobe, OneNote (PC), PowerPoint, Word (Notebook Layout)
- **WHITEBOARD:** small size/portable
- **PRACTICE QUESTIONS:** BRS, PRE-TEST, QBANKS
- **STUDY GROUP:** Studying with a friend or a group might be a good idea
ADVICE FROM STUDENTS

ANATOMY

“Go to the Anatomy and make sure you can find everything on the list of terms” (MS2)

“Go to the Anatomy lab with partners and quiz each other” (Amy Driebe, MS4)

PHARMACOLOGY AND MICROBIOLOGY

“Create spreadsheet with relevant material...fill all columns with black and attempt to remember information before revealing the answer” (Jared Wishik, MS2)
“Out of the 135 students in their class, there will be 135 ways to study...There will be more material than they know what to deal with. They shouldn't be afraid to try different styles but they should also be comfortable sticking to what works for them :)

Katie Dietrich, MS2