



UF | College of Medicine
UNIVERSITY of FLORIDA

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

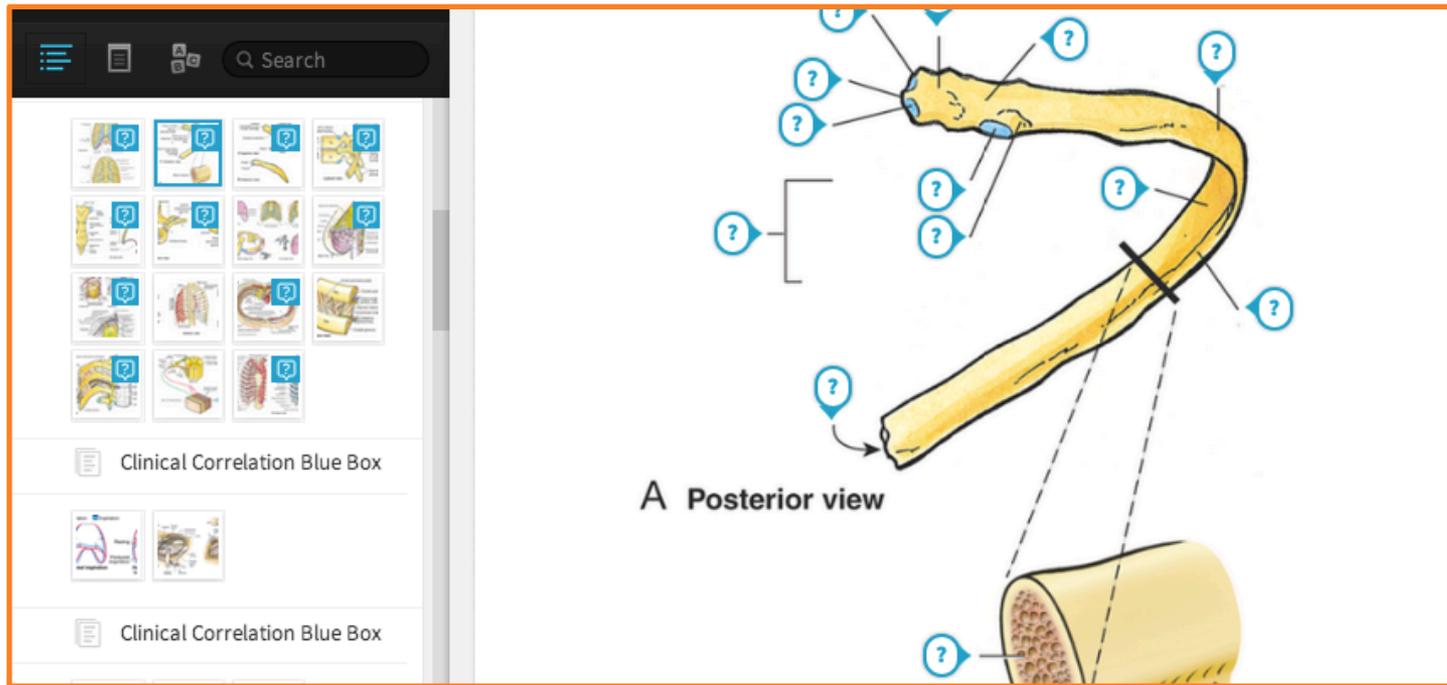
Please note that students often need to utilize multiple study strategies to appropriately learn the material. It is recommended that you **review all 4 presentations** to create a study routine that best suit your needs

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

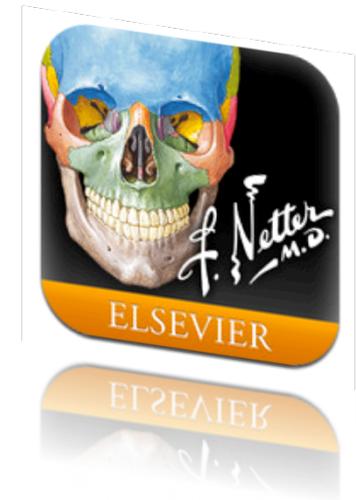
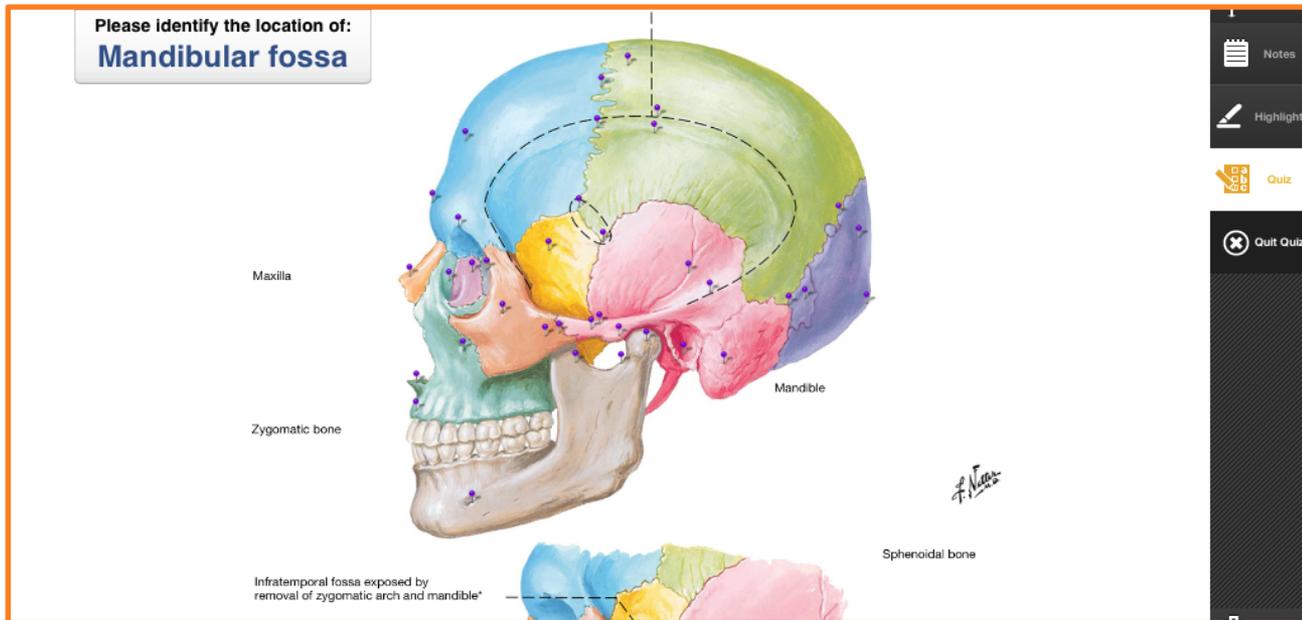
INKLING (WEB, IPAD, IPHONE)

- 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/>

The screenshot displays the Picmonic web application interface for Fragile X syndrome. The main content area features a cartoon illustration of a man with large ears and a blue and white striped shirt, holding a box labeled 'FRAGILE' and a string of colorful beads. A yellow school bus with 'DEVELOPMENTAL DELAY' written on its side is parked on a road made of colorful puzzle pieces. A dog is sitting on the puzzle pieces, and a hand is holding a puzzle piece. The illustration is annotated with numbered circles (1-9) corresponding to the list of symptoms on the left.

Left Panel (Fragile X - Fragile X box):

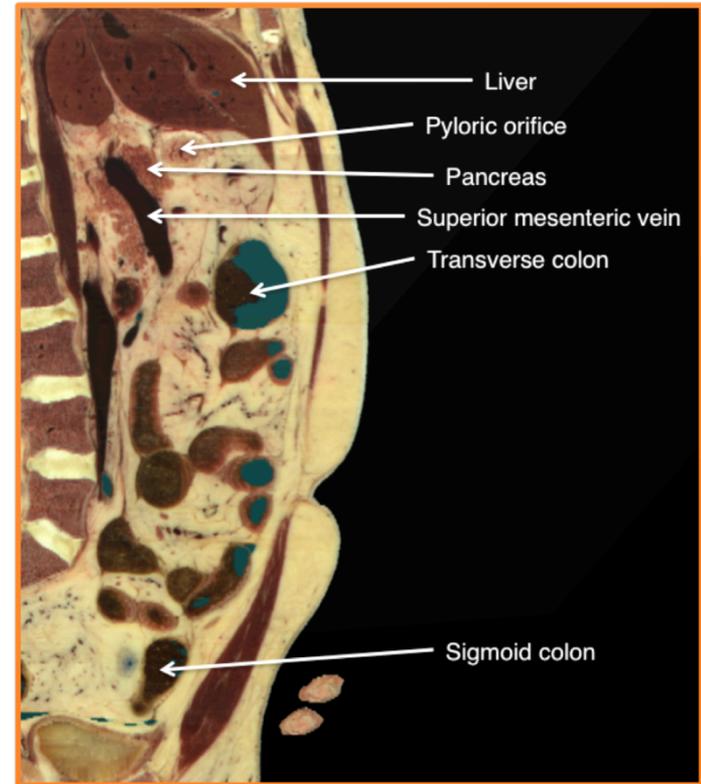
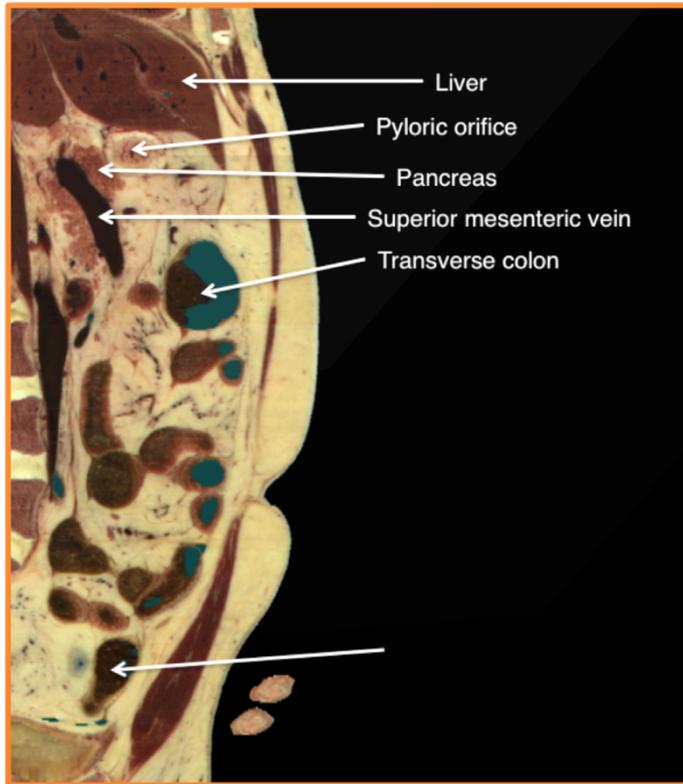
- Summary
- Notes/Posts
- 1 Trinucleotide repeat
DNA strand with repeats
- 2 CGG repeats
Cat Glue Glue
- 3 X linked
X suit
- 4 Developmental delay
Bus with flat tire
- 5 Autism
(Autism) otter with autism puzzle pieces
- 6 Large ears
Large ears
- 7 Large jaw
Large jaws
- 8 Long face
Long face
- 9 Macroorchidism
Large testes

Top Navigation: Store Library Learn

Bottom Navigation: Definitions: On Off Topic Confidence: 1 2 3 4 5

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)

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

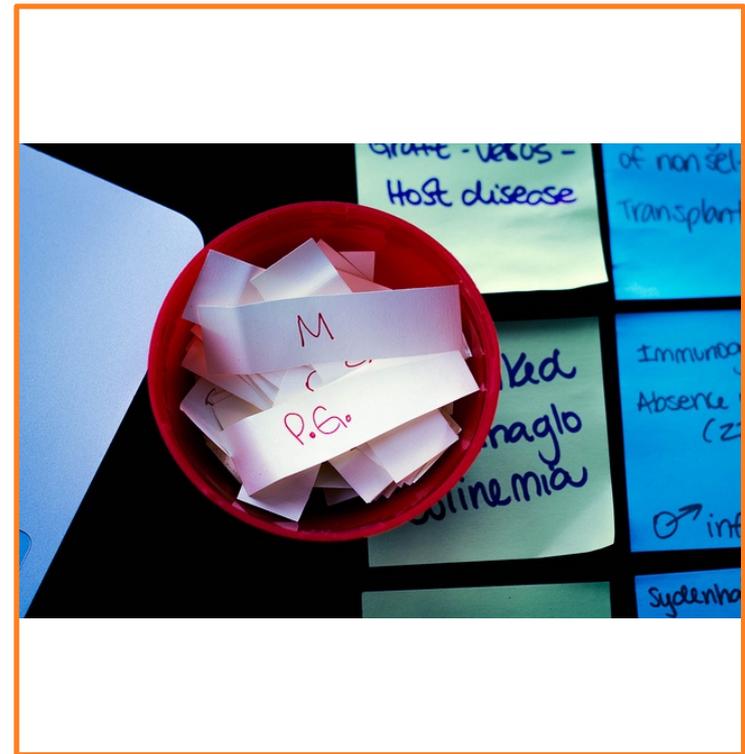
- Create charts and tables from lecture materials
- Each lecture note is one page (one-side) and no more

<p>Completeness of follow-up</p> <ul style="list-style-type: none"> • Advantage: guards against other bias • Disadvantage: may underestimate full <u>trt</u> effect 	<p>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.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Surgery (N=250) SF-36: 75pts 20% Loss </div> <div style="font-size: 2em; margin: 0 10px;">></div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Non-Operative (N=250) SF-36: 60 points 20% Loss </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid blue; padding: 5px; background-color: #e6f2ff;"> 50 patients (mean: 40 pts) "Doing poorly and seek alternative care" </div> <div style="border: 1px solid blue; padding: 5px; background-color: #e6f2ff;"> 50 patients (mean: 80 pts) "Doing well and don't come back" </div> </div> <p> $(200*75 + 50*40) / (250*100) = \text{New SF-36 for surgery}$ $(200*60 + 50*80) / (250*100) = \text{New SF-36 for non-op}$ </p>
<p>Intention to treat</p> <ul style="list-style-type: none"> • Advantage: guards against other bias • Disadvantage: may underestimate full <u>trt</u> effect 	<p>Every participant analyzed as randomized (regardless of cross-over or whether or not the pt was treated)</p> <p>Versus Per protocol (always looks better than intention-to-treat): analysis limited to those participants who actually received treatment</p> <p>Disadvantage: Pts who adhere to study treatment may be different than the</p>

(by Nayelah Sultan, MS2)

MEMORY GAMES

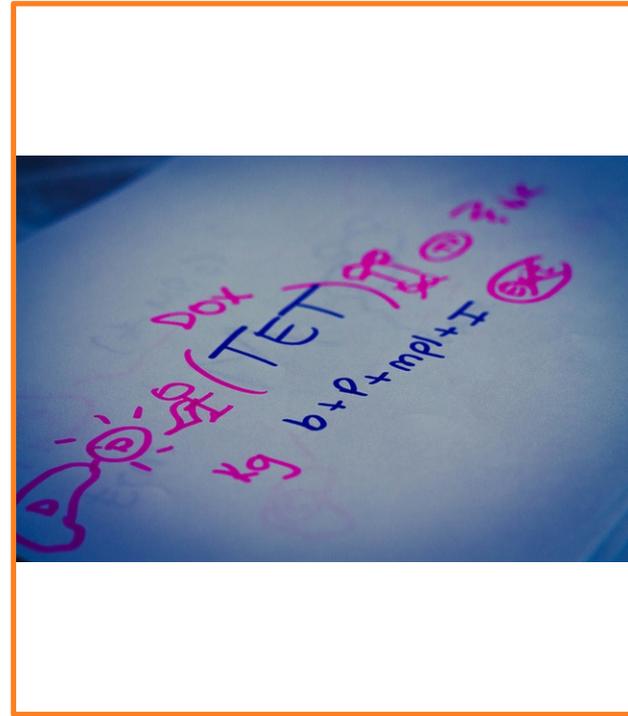
- Create memory games to reinforce material learned
- Allows for quick review before quizzes/exams



(notes and photographs 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

