

# Learning Styles Self-Assessment

Read each question or statement and circle the most appropriate answer. Some will be difficult to answer, but try to respond according to how you would react most often.

1. You usually remember more from a class lecture when:
  - a. you do not take notes, but listen very closely
  - b. you sit near the front of the room and watch the speaker
  - c. you take notes whether or not you look at them again
2. You usually solve problems by:
  - a. talking to yourself or a friend
  - b. using an organized approach with lists, schedules, etc.
  - c. walking, pacing, or some other physical activity
3. You remember phone numbers when you can't write them down by:
  - a. repeating the numbers orally
  - b. "seeing" or "visualizing" the numbers in your mind
  - c. "writing" the numbers with your finger on a table or wall
4. You find it easiest to learn something new by:
  - a. listening to someone explain how to do it
  - b. watching a demonstration of how to do it
  - c. trying it yourself
5. You remember most clearly from a movie:
  - a. what the characters said, background noises and music
  - b. the setting, scenery and costumes
  - c. the feelings you experience during the movie
6. When you go to the grocery store, you:
  - a. silently or orally repeat the grocery list
  - b. walk up and down the aisles to see what you need
  - c. usually remember what you need from the list you left at home
7. You are trying to remember something, and so you:
  - a. hear in your mind what was said or the noise that occurred
  - b. try to see it happen in your mind
  - c. feel the way "it" reacted with your emotions
8. You would learn a foreign language best by:
  - a. listening to records or tapes
  - b. writing and using workbooks
  - c. attending a class in which you read and write

9. You are confused about the correct spelling of a word, so you:
  - a. sound it out
  - b. try to "see" the word in your mind
  - c. write the word several different ways and choose the one that looks right
10. You enjoy reading most when you can read:
  - a. dialogue between characters
  - b. descriptive passages that allow you to create mental pictures
  - c. stories with a lot of action in the beginning
11. You usually remember people you have met by their:
  - a. names
  - b. faces
  - c. mannerisms, motions, etc.
12. You are distracted most by:
  - a. noises
  - b. people
  - c. environment (temperature, comfort of furniture, etc.)
13. You usually dress:
  - a. well, but clothes aren't very important to you
  - b. in a particular style
  - c. comfortably
14. You can't do anything physical and you can't read, so you choose to:
  - a. talk with a friend
  - b. watch TV or look out a window
  - c. move slightly in your chair or bed to get comfortable

## **Scoring**

1. Count the total number of responses for each letter and write them below:
  - a. \_\_\_\_\_ auditory (learn best by hearing)
  - b. \_\_\_\_\_ visual (learn best by seeing)
  - c. \_\_\_\_\_ kinesthetic (learn best by touching, doing, moving)
2. Notice if one modality is significantly higher or lower, or if any two modalities are close in number.
3. Were the results what you expected them to be? Is that the way you see yourself?

# LEARNING STYLE

## LEARNING STRATEGIES FOR LEARNING STYLES

IF MY LEARNING STRENGTH IS VISUAL LEARNER, I COULD:

- Sit near the front of the class to see the board, etc.
- Take class notes to review later.
- Add pictures and charts to class notes to help remember information.
- Reread information.
- Create flash cards to help study.
- \_\_\_\_\_

IF MY LEARNING STRENGTH IS AUDITORY LEARNER, I COULD:

- Sit in the class where I can hear well and focus on what the teacher is saying.
- Read my notes, study guides, and/or textbooks out loud several times.
- Create a song, rhyme or rap to help remember facts.
- Record important information on a tape recorder and play back later.
- \_\_\_\_\_

IF MY LEARNING STRENGTH IS KINESTHETIC LEARNER, I COULD:

- Use puppets or other characters to retell the important facts in studying information.
- Draw pictures, sing, or act out information to learn.
- Pretend to write the information in the air.
- Practice the information by writing it with sidewalk chalk, finger paints, or shaving cream.
- \_\_\_\_\_

# Learning Style Clues and Learning Tips

## Clues

## Learning Tips

### Visual Learners Usually:

- Need to see it to know it.
- Have strong sense of color.
- May have artistic ability.
- Often have difficulty with spoken directions.
- May over-react to sounds.
- May have trouble following lectures.
- Often misinterpret words.

### Visual Learners Should:

- Use graphics to reinforce learning: films, slides, illustrations, diagrams and doodles.
- Color code to organize notes and possessions.
- Ask for written directions.
- Use flow charts and diagrams for notetaking.
- Visualize spelling of words or facts to be memorized.

### Auditory Learners Usually:

- Prefer to get information by listening- need to hear it to know it.
- May have difficulty following written directions.
- Difficulty with reading.
- Problems with writing.
- Inability to read body language and facial expressions.

### Auditory Learners Should:

- Use tapes for reading and for class and lecture notes.
- Learn by interviewing or participating in discussions.
- Have test questions or directions read aloud or put on tape.

### Kinesthetic Learners Usually:

- Prefer hands-on learning.
- Often can assemble parts without reading directions.
- Have difficulty sitting still.
- Learn better when physical activity is involved.
- May be very well-coordinated and have athletic ability.

### Kinesthetic Learners Should:

- Engage in experiential learning: making models, doing lab work, role playing.
- Take frequent breaks in study periods.
- Trace letters and words to learn spelling and remember facts.
- Use computer to reinforce learning through sense of touch.
- Memorize or drill while walking or exercising.
- Express abilities through dance, drama, or gymnastics.