

# What's Your Preferred Learning Style?

**For the following questions, circle the first answer that comes to mind, and choose only one answer, either a, b, or c. Don't spend too much time thinking about any one question. When finished, total your answers for a, b and c.**

## **Question 1**

When you study for a test, you would rather

- a) read notes, read headings in a book, and look at diagrams and illustrations.
- b) have someone ask you questions, or repeat facts silently to yourself.
- c) write things out on index cards and make models or diagrams.

## **Question 2**

When you try to concentrate, you

- a) get distracted by clutter and notice things around you
- b) get distracted by sounds and attempt to control the noise around you
- c) get distracted by commotion or sensations like hunger, thirst, uncomfortable shoes

## **Question 3**

Which of these do you do when you listen to music?

- a) daydream (see things that go with the music)
- b) hum along
- c) move with the music, tap your foot, etc.

## **Question 4**

When you work at solving a problem, you

- a) make a list, organize the steps, and check them off as they are done
- b) make a few phone calls and talk to friends or experts
- c) make a model of the problem or walk through all the steps in your mind

## **Question 5**

When you read for fun, you prefer

- a) a book with a lot of pictures in it or vivid imagery
- b) a book with a lot of narration or dialogue in it
- c) a book with a lot of action or that engages you in problem solving (or don't read)

**Question 6**

When you assemble an object, you would rather

- a) look at a diagram or watch a movie about it
- b) read the directions, talk aloud, or listen to someone explain it
- c) ignore directions and try to figure it out for yourself as you go along

**Question 7**

You have just entered a science museum, what will you do first?

- a) look around and find a map showing the locations of the various exhibits
- b) talk to a museum guide and ask about exhibits
- c) go into the first exhibit that looks interesting, and read directions later

**Question 8**

What kind of restaurant would you rather **not** go to?

- a) one with the lights too bright
- b) one with the music too loud
- c) one with uncomfortable chairs

**Question 9**

You would rather go to

- a) an art class
- b) a music class
- c) an exercise class

**Question 10**

Which are you most likely to do when you are happy?

- a) grin
- b) shout with joy
- c) jump for joy

**Question 11**

If you were at a party, what would you be most likely to remember the next day?

- a) the faces of the people there or what they were wearing
- b) the names and conversations of people there
- c) the things you did, games you played while you were there

**Question 12**

When you see the word "d - o - g", what do you do first?

- a) think of a picture of a particular dog
- b) say the word "dog" to yourself silently
- c) sense the feeling of being with a dog (petting it, running with it, etc.)

**Question 13**

When you tell a story, you would rather

- a) write it
- b) tell it out loud
- c) act it out

**Question 14**

When you teach other people, you

- a) show them
- b) explain to them and maybe ask questions
- c) demonstrate and then ask them to try

**Question 15**

What are you most likely to do when you are angry?

- a) scowl
- b) shout or "blow up"
- c) stomp off and slam doors

**Question 16**

When you relax, you would rather

- a) watch TV, go to a movie, play a video game
- b) listen to the radio, play music, read, or talk with a friend
- c) play sports, work on cars, do arts & crafts, or build something

**Question 17**

When you aren't sure how to spell a word, which of these are you most likely to do?

- a) write it out to see if it looks right
- b) sound it out
- c) write it out to see if it feels right

**Question 18**

When you talk with others, you

- a) find it difficult to listen for very long
- b) enjoy listening or get impatient to talk
- c) gesture and communicate with your hands

**Question 19**

When you contact people, you prefer

- a) face to face meetings
- b) calling on the telephone
- c) to talk while walking or while participating in an activity

**Question 20**

Which are you most likely to do when standing in a long line at the movies?

- a) look at posters advertising other movies
- b) talk to the person next to you
- c) tap your foot or move around in some other way

**Total your a, b, and c answers and put the totals in the spaces below:**

**a** \_\_\_\_\_ **b** \_\_\_\_\_ **c** \_\_\_\_\_

If you scored mostly a's you may have a visual learning style. You learn by seeing and looking.

### **Visual Learners**

- take numerous detailed notes
- tend to sit in the front of the class
- are usually neat and clean
- often close their eyes to visualize or remember something
- find something to watch if they are bored
- like to see what they are learning
- benefit from illustrations and presentations that use color
- are attracted to written or spoken language rich in imagery
- prefer stimuli to be isolated from auditory and kinesthetic distraction
- find passive surroundings ideal for focusing or study

**Visual learners should draw pictures in the margins of texts or use color highlighters, look at graphs, maps, and charts, read and rewrite notes, and visualize information to help remember it.**

If you scored mostly b's, you may have an auditory learning style. You learn by hearing and listening.

### **Auditory Learners**

- sit where they can hear but needn't pay attention to what is happening in front
- may not coordinate colors or clothes, but can explain why they are wearing what they are
- hum or talk to themselves or others when bored
- acquire knowledge by reading aloud
- remember by verbalizing lessons to themselves
- prefer to listen to directions or information
- may have difficulty reading maps or diagrams or handling conceptual assignments like mathematics

**Auditory learners should think and read out loud, create jingles and mnemonics to aid in memorization, discuss ideas, concepts and problems with others, and recite information over and over to help remember it.**

If you had mostly c's, you may have a kinesthetic learning style. You learn by touching and doing.

### **Kinesthetic Learners**

- need to be active and take frequent breaks
- speak with their hands and with gestures
- remember what was done, but have difficulty recalling what was said or seen
- find reasons to tinker or move when bored
- rely on what they can directly experience or perform
- activities such as cooking, construction, engineering and art help them perceive and learn
- enjoy field trips and tasks that involve manipulating materials
- sit near the door or someplace else where they can easily get up and move around
- are uncomfortable in classrooms where they lack opportunities for hands-on experience
- communicate by touching and appreciate physically expressed encouragement, such as a pat on the back

**Kinesthetic learners should make studying more physical – study while standing or pacing, make models, write notes or do problems on a white board, use a computer or laptop to study, and use flashcards to help remember information.**