

Learning Styles

Everybody has a preferred learning style. Knowing and understanding our learning style helps us to learn more effectively. Through identifying your learning style, you will be able to capitalize on your strengths and improve your self-advocacy skills.

Directions:

Place a check in front of all the statements that describe you. The list with the greatest number of checks is your dominant learning style.

List 1

1. ___ reaches out to touch things
2. ___ collects things
3. ___ talk fast using hands to communicate what you want to say
4. ___ constantly fidgeting (e.g. tapping pen, playing with keys in pocket)
5. ___ good at sports
6. ___ takes things apart, puts things together
7. ___ prefers to stand while working
8. ___ likes to have music in the background while working
9. ___ enjoys working with hands and making things
10. ___ likes to chew gum or eat in class
11. ___ learn through movement and exploring the environment around you
12. ___ may be considered hyperactive
13. ___ good at finding your way around
14. ___ comfortable touching others as a show of friendship (e.g. hugging)
15. ___ prefers to do things rather than watching a demonstration or reading about it in a book.

List 2

1. ___ asks for verbal instructions to be repeated
2. ___ watches speakers' facial expressions and body language
3. ___ likes to take notes to review later
4. ___ remembers best by writing things down several times or drawing pictures and diagrams
5. ___ good speller
6. ___ turns the radio or T.V. up really loud
7. ___ gets lost with verbal directions

List 2— continued:

8. ___ prefers information to be presented visually, (e.g. flipcharts or chalk board)
9. ___ skillful at making graphs, charts, and other visual displays
10. ___ can understand and follow directions on maps
11. ___ believes that the best way to remember something is to picture it in your head
12. ___ follows written instructions better than oral ones
13. ___ good at solving jigsaw puzzles
14. ___ gets the words to a song wrong
15. ___ good at the visual arts (art work, such as painting, photography, or sculpture, that appeals primarily to the visual sense and typically exists in permanent form)

List 3

1. ___ follows oral directions better than written ones
2. ___ would rather listen to a lecture than read the material in a textbook
3. ___ understands better when reads aloud
4. ___ struggles to keep notebooks neat
5. ___ prefers to listen to the radio rather than to read a newspaper
6. ___ frequently sing, hum or whistle to yourself
7. ___ dislikes reading from a computer screen especially when the backgrounds are fuzzy
8. ___ when presented with two similar sounds, can tell if sounds are the same or different
9. ___ requires explanations of diagrams, graphs, or maps
10. ___ enjoys talking to others
11. ___ talks to self
12. ___ uses musical jingles to learn things
13. ___ would rather listen to music than view a piece of art work
14. ___ uses finger as a pointer when reading
15. ___ likes to tell jokes, stories and makes verbal analogies to demonstrate a point

Total statements checked in each category:

List 1—Tactile/Kinesthetic learning style _____

List 2—Visual learning style _____

List 3—Auditory learning style _____