

## 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 \_\_\_\_\_