

# Learning style assessment

To better understand how you learn, please read each question below and circle whether you prefer **a)**, **b)** or **c)**. Please answer each question.

## QUESTION 1

When you study for a test, would you rather

- a) read notes, read your textbook, and look at diagrams and illustrations.
- b) have someone ask you questions, say what you are trying to learn out loud or repeat facts silently to yourself.
- c) write out notes, create index cards and/or make mind maps or diagrams.

## QUESTION 2

If you're taking a test or an exam, do you

- a) visualise your textbook or notebook with your notes
- b) imagine hearing your teacher telling you the answer
- c) jump in and start writing out the answer

## QUESTION 3

When you are doing your homework and study, do you

- a) like a nice bright space to study beside a window with a nice view and good lighting.
- b) prefer a good quiet area where you cannot be disturbed
- c) like to be in a busy place where you are close to movement and activity such as the kitchen

## QUESTION 4

When you are in class do you prefer if your teacher

- a) writes information on the board and uses slides
- b) explains the lesson verbally
- c) sets you a task so you can learn by doing something

## QUESTION 5

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

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

**QUESTION 6**

When you work at solving a problem, do you

- a) doodle, sketch out a picture and map out a solution
- b) talk to friends or ask the teacher
- c) start solving it by trial-and-error rather than waiting to follow a step-by-step method

**QUESTION 7**

When you read a book, do you prefer

- a) a book with a lot of pictures in it
- b) a book with a lot of good dialogue in it
- c) a book where you can solve puzzles

**QUESTION 8**

To learn how to use a new app or computer game, would you rather

- a) watch a quick video about it
- b) listen to someone explain it
- c) download the app or the game, and try to figure it out for yourself

**QUESTION 9**

You have just entered a history or an art 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 10**

Would you rather go to

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

**QUESTION 11**

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.)

## Learning style assessment continued

### QUESTION 12

When you tell a story, would you rather

- a) write it out so you can see it
- b) tell it out loud so you can say it
- c) act it out so you can play it

### QUESTION 13

What is most distracting for you when you are trying to concentrate?

- a) visual distractions
- b) noises
- c) other sensations like hunger, tight shoes, or worry

### QUESTION 14

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 15

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

Count up the number of a's, b's and c's you scored for each question and put the total in the boxes below. This will tell you your dominant learning style.

| a. | b. | c. |
|----|----|----|
|    |    |    |

# Learning styles tactics



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

## VISUAL LEARNERS

- like to see what they are learning
- learn by seeing or watching demonstrations
- recognise words by sight
- take numerous detailed notes
- great imagination and thinks in pictures
- are usually neat and clean and like to coordinate colours
- often close their eyes to visualize or remember something
- find something to watch if they are bored
- likes to doodle
- benefit from illustrations and presentations that use colour
- are attracted to written or spoken language rich in imagery
- could be described as having a "good eye"

## Learning style assessment continued



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

### AUDITORY LEARNERS

- learns through verbal instructions and sound
- sit where they can hear but needn't pay attention to what is happening in front
- easily distracted by others
- hum or talk to themselves or others when bored
- talks problems out and talks self through problems
- acquire knowledge by reading aloud
- remembers by repeating the information out loud
- might like to listen to the radio or music apps when doing homework or study
- likes podcasts and the radio
- could be described as having a "good ear"

## Learning style assessment continued



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

### KINESTHETIC LEARNERS

- learns by doing and direct involvement
- prefers stories where action occurs early
- need to be active and take frequent breaks
- speak with their hands and with gestures
- find reasons to fidget or move when bored
- rely on what they can directly experience or perform
- love 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
- likes to try things out, touch, feel and manipulate
- could be described as being "hands on"