

Learning Styles

People learn how to do things and acquire information in a variety of ways. You can discover more about your own personal learning style, or the way you learn, by looking at the inventory below. By finding out how you learn best, you can use strategies to help improve your learning. Award marks to the following items to determine your score to determine if you are an Auditory, Visual or Kinesthetic learner.

FREQUENTLY (3)

OCCASIONALLY (2)

RARELY/NEVER (1)

AUDITORY LEARNERS

___ My papers and notebooks always seem messy.

___ I do not follow written directions well.

•May have difficulty following written directions.

___ If I hear something, I will remember it.

•May have difficulty with reading.

___ Writing has always been difficult for me.

•Need to hear it to know it.

___ I often misread words from the text (them for that, etc.).

___ I would rather listen and learn than read and learn.

___ It's hard for me to interpret other's body language.

___ Pages with small print are difficult for me to read.

___ My eyes tire quickly, even though my vision is OK.

___ **TOTAL**

VISUAL LEARNERS

___ I remember information better if I write it down.

•Need to see it to know it.

___ Looking at the person helps keep me focused.

•May have trouble following lectures.

___ I need a quiet place to get my work done.

•May have artistic ability.

___ When I take a test, I can see the textbook page in my head.

___ I need to write down directions.

___ Music or background noise distracts my attention

___ I doodle in the margins of my notebook pages.

___ I have trouble following lectures.

___ I react very strongly to colors.

___ **TOTAL**

KINESTHETIC LEARNERS

___ I start a project before reading the directions.

___ I hate to sit at a desk for long periods of time.

___ I prefer to see something done and then do it myself.

___ I use the trial and error approach to problem solving.

___ I like to read my textbook while riding an exercise bike.

___ I take frequent study breaks.

___ I have a difficult time giving step-by-step instructions.

___ I enjoy sports and do well at several types of sports.

___ I use my hands when describing things.

___ **TOTAL**

•Prefer hands-on learning.

•Often can assemble parts without reading directions.

•Learn better when physical activity is involved.

Count up the score for each section. A score of 20 or more shows a strength in that area. Your learning style with the highest score suggest your most efficient method of acquiring new skills and information.

VISUAL LEARNERS SHOULD:

Use graphics to reinforce learning; films, slides, illustrations, diagrams, and doodles.

Ask for written directions.

Visualize spelling of words or facts to be memorised.

AUDITORY LEARNERS SHOULD:

Use audio for reading and class lecture notes.

Learn by interviewing or participating in discussions.

Have test questions read aloud.

KINESTHETIC LEARNERS SHOULD:

Engage in experiential learning (making models, lab work, role-playing).

Use computers to reinforce learning by touch.