



Learning Style Self-Assessment

Everyone has a preferred learning style. Knowing and understanding our styles help us learn more effectively. Knowing your style will enable you to capitalize upon your strengths. Recognizing and appreciating the learning styles of others, and adapting your means of communication to meet the needs of the different styles will help you be a better co-worker and communicator.

Directions: Place a check mark in all of the boxes that describe you. Although we all learn and communicate in all three modes, the following inventory will yield your hierarchy of learning style preferences. The list with the most checks indicates your dominant learning style. The list with the second-most checks is your secondary style and the list with the least checks is your least-preferred style.

List A

- 1. I often ask that verbal instructions be repeated.
- 2. I typically watch a speaker's facial expressions and body language.
- 3. I like to take notes to review later.
- 4. I remember best by writing things down several times or drawing pictures and diagrams.
- 5. I am a good speller.
- 6. I often turn up the volume of the radio or TV really loud.
- 7. I often get lost when given verbal directions.
- 8. I prefer information to be presented visually (e.g., on flipcharts, overheads, white boards, etc.)
- 9. I am skillful at making graphs, charts, and other visual displays.
- 10. I can understand and follow directions on maps.
- 11. I believe the best way to remember something is to picture it in my head.
- 12. I follow written instructions better than verbal instructions.
- 13. I am good at solving jigsaw puzzles.
- 14. I often get the words to songs wrong.
- 15. I am good at the visual arts.

List B

- 1. I follow verbal directions better than written directions.
- 2. I would rather listen to a lecture on a subject than read the about it in a textbook.
- 3. I understand better when I read aloud.
- 4. I struggle to keep notes neat.
- 5. I prefer to listen to the radio than read a newspaper.
- 6. I frequently, sing, hum, or whistle to myself.
- 7. I dislike reading from a computer screen.
- 8. When presented with two similar sounds, I can tell if the sounds are the same or different.
- 9. I require explanations of diagrams, graphs, or maps.
- 10. I enjoy talking to others.
- 11. I often talk to myself.
- 12. I often use musical jingles to learn things.
- 13. I would rather listen to music than view a piece of artwork.
- 14. I often use my finger as a pointer when reading.
- 15. I like to tell jokes, stories, and use analogies to demonstrate a point.

List C

- 1. I often reach out to touch things.
- 2. I collect things.
- 3. I often find myself talking fast and using my hands to communicate what I want to say.
- 4. I seem to constantly fidget (e.g., I tap my pen or play with the things in my pockets).
- 5. I am good at sports.
- 6. I like to take things apart and put them back together.
- 7. I prefer to stand while working.
- 8. I like to have music playing in the background while I am working.
- 9. I enjoy working with my hands and making things.
- 10. I often eat, smoke, or chew gum while working or studying.
- 11. I think I learn best through movement and by exploring my surroundings.
- 12. Some people might consider me hyperactive.
- 13. I am good at finding my way around.
- 14. I am comfortable touching people as a show of friendship (e.g., hugging, shaking hands, etc.)
- 15. I prefer doing things rather than watching a demonstration or reading about it.

Make your learning style work for you.

The following are suggestions for making your learning style work best for you. They can help you be a better participant when you take training or academic courses. They also can help you be a better instructor as you prepare for and deliver training; use them to better appeal to all learning styles and help all participants succeed.

For visual learners (List A):

- Use visual materials, such as pictures, charts, maps, graphs, etc.
- Have a clear view of your instructors so you can see their expressions and body language.
- Use color to highlight important points in text.
- Take notes or ask your instructor for handouts.
- Illustrate your ideas as a picture or brainstorming bubble before writing them down.
- Write a story and illustrate it.
- Use multimedia.
- Study or work in a quiet place away from verbal disturbances.
- Read illustrated texts.
- Visualize information as a picture to aid memorization.

For auditory learners (List B):

- Participate in discussions.
- Make presentations.
- Use a tape recorder during lectures rather than taking notes.
- Read text out loud.
- Create musical jingles or mnemonics to aid memorization.
- Discuss your ideas.
- Dictate to someone while they write down your thoughts.
- Use analogies and storytelling to demonstrate your points.

For kinesthetic learners (List C):

- Take frequent study breaks.
- Move around to learn new things; make models to learn new concepts.
- Work in a standing position.
- Chew gum while you work or study.
- Use bright colors to highlight reading material.
- Dress up your workspace with posters, mementos, etc.
- Listen to music while you work or study.
- Skim through reading material to get a rough idea what it is about before settling down to read it in detail.