

Which Learning Style Are You?

For each one **CHOOSE THE ONE THAT MOST FITS YOU**

1) If I have to learn how to do something, I learn best when I:

- a. Watch someone show me how
- b. Hear someone tell me how
- c. Try to do it myself

2) When I read, I often find that I:

- a. Picture what I am reading in my head
- b. Read out loud or hear the words inside my head
- c. Fidget and try to feel what I'm reading

3) When asked to give directions I:

- a. See the actual places in my mind as I say them or I draw them
- b. Have no difficulty giving them verbally
- c. Point or move around as I give them

4) If I am unsure how to spell a word, I:

- a. Write it in order to determine if it looks right
- b. Spell it out loud in order to determine if it sounds right
- c. Write it in order to determine if it feels right

5) When I write, I:

- a. Am concerned with how neat and well spaced my letters and words are
- b. Often say the letters and words out loud or to myself
- c. Push hard on my pen or pencil and can feel the words as I write them

6) If I had to remember a list of items, I would remember best if I:

- a. Write them down
- b. Say them over and over to myself or out loud
- c. Move around and touch the items

7) I prefer teachers who:

- a. Use the board or overhead projector while they lecture
- b. Talk with a lot of expression
- c. Use hands-on activities

8) When trying to concentrate, I have a difficult time when:

- a. There is a lot of clutter or movement in the room
- b. There is a lot of noise in the room
- c. I have to sit for a long time

9) When solving a problem, I:

- a. Write it down or draw diagrams
- b. Talk myself through it
- c. Move around or physically touch objects to help me think

10) When given written instructions on how to build something I:

- a. Read them silently and try to visualize how it will fit together
- b. Read them out loud and talk as I do it
- c. Try to put it together and read later

11) While I'm waiting I:

- a. Look around, stare or read
- b. Talk or listen to others
- c. Walk around, touch things with my hands, or move my feet

12) If I had to verbally describe something to another person, I would:

- a. Be brief because I don't like to talk a lot
- b. Go into detail because I like to talk
- c. Gesture and move around while I talk

KEY: A=Visual Learner B=Auditory Learner C=Kinesthetic Learner