

How Do You Learn?

Use the following scale to respond to each of the statements below.

- 1—This is rarely true for me
- 2—This is occasionally true for me
- 3—This is true for me the majority of the time

Write the appropriate number next to each statement and add them together for each section.

Section 1

- _____ I like seeing how something is done before I try it.
- _____ When someone gives me a complicated problem, I prefer to see it on paper then hear about it.
- _____ I visualize events, places, people
- _____ I like reading books which are illustrated better than books with no pictures or graphs.
- _____ In trying to remember when I left something, I visualize where I place it.

- _____ TOTAL

Section 2

- _____ I would rather learn about the news listening to the radio than reading about it.
- _____ I learn best from teachers who have distinctive voices, speaking, or lecturing styles.
- _____ I would rather listen to tapes than read.
- _____ When learning, I like to sit back, listen, and absorb what's being said.
- _____ Listening to music is one of my favorite things to do.

- _____ TOTAL

Section 3

- _____ I like using my hands when learning about something.
- _____ I would rather participate in an activity than watch others do it.
- _____ I prefer classes in which I am actively doing something.
- _____ I learn best when I can discuss my ideas with others.
- _____ The things I remember best are things in which I have participated.

- _____ TOTAL

INTERPRETING YOUR LEARNING STYLE PREFERENCE

Score for Section 1 _____

Score for Section 2 _____

Score for Section 3 _____

High scores are 12 or above.

A high score on Section 1 indicates a visual learning style preference. Those who have a preference for learning through the visual mode like to learn by reading, watching, and observing. They like to visualize when they learn. They learn best when they can see how things are done or how things are related. Visual learners are usually good spellers because they visualize words and can tell from the way a word looks whether it's spelled correctly or not.

A high score on Section 2 indicates an auditory learning style preference. Those who have a preference for learning through the auditory mode like to learn by listening to lectures and discussions. They learn best when they participate in discussions or respond to questions. Auditory learners usually have some difficulty in spelling because they try to spell by sounding words out.

A high score on Section 3 indicates a kinesthetic learning style preference. Those who have a preference for learning through the kinesthetic mode like to learn by doing. Kinesthetic learners prefer to use a trial and error method of learning and do well in classes where they can use their hands to create and develop what they learn. Kinesthetic learners usually have some difficulty spelling.

Write the appropriate letter representing a learning style activity next to each of the suggestions below.

A = auditory; V = visual; K = kinesthetic

- _____ listen to an audio tape presentation
- _____ study graphs and diagrams
- _____ read aloud difficult parts of an assignment
- _____ walk around while reading
- _____ use different colored note cards to take notes
- _____ avoid studying in a high-traffic area
- _____ use a blackboard or marker board to work out problems
- _____ use songs or tunes to create mnemonic devices for memory association
- _____ use video presentations of material
- _____ talk about what you've read with someone
- _____ incorporate physical exercise with learning
- _____ avoid studying with TV or stereo on loud