

Learning Styles Worksheet

Its important you understand your prefered learning style and share this with your trainer or tutor, this will assist them in ensuring your learning needs are met through the use of a variety of resources

Check the box that is most applicable to you after each statement.

<p>Visual</p> <ul style="list-style-type: none"> • Visual Aids (i.e. drawings, charts, graphs) help me understand thing better. • I remember things by picturing them in my head. • I remember faces better than names. • When I'm interested in something, I tend to read about it. • Closing my eyes often helps me see something and remember it. • I remember things better when I organize them by color. 	<input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often	<input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes	<input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom
<p>Auditory</p> <ul style="list-style-type: none"> • I can usually remember what was said as well as how it was said. • I do best when I can listen to someone speaking (i.e. lectures, recorded readings). • I would rather listen to what someone says than read the same thing. • Talking with others helps me remember what I learned. • I sometimes talk to myself when I'm working on a task. • I remember names better than faces. 	<input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often	<input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes	<input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom
<p>Kinesthetic</p> <ul style="list-style-type: none"> • I find it difficult to learn when I have to sit still, or can't take frequent breaks. • I find it easier to remember something I've done more than what I've seen or heard. • I like to use a trial-and-error approach to tasks rather than reading directions. • Good ideas come to me when I am doing routine tasks (i.e. walking, some sort of repetitive activity). • I find myself moving and fidgeting when I'm bored. • I enjoy making things with my hands. 	<input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often <input type="checkbox"/> Often	<input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes <input type="checkbox"/> Sometimes	<input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom <input type="checkbox"/> Seldom

Scoring Directions

Assign the following points to each of your responses:
Often = 4, Sometimes = 2, or Seldom = 0

Add up the points for each of the three sections. The section with the highest number of points indicates your prevailing learning style.

Use the following chart for helpful tips.

IF YOU ARE:	Visual	Auditory	Kinesthetic
<i>You gather information and communicate by</i>	Looking, reading and watching	Listening and talking	Touch, movement and physical interaction
<i>Common Expressions</i>	"I see." "I get the picture."	"I hear you, that clicks." "That sounds right." "That rights a bell."	"I feel" "That rings a bell" "I'd like to get a better handle on this information"
<i>In the classroom</i>	It may help to shut eyes to visualize or remember, or to take notes to look through what was said.	You may need instructions repeated to mentally hear information as you commit it to memory.	You're not limited to a single way of learning, more flexible than other two types of learners.
<i>Where you may want to sit in class</i>	Front of the classroom to see what's going on.	Anywhere you can hear; you don't necessarily have to see or pay attention.	Near the door so you can move or leave easily.
<i>You may learn best when you are</i>	Taking lots of notes during class; are organized.	Discussing new material with peers, teachers or tutors.	Actively learning with frequent breaks.
<i>Best environment</i>	Quiet, passive surroundings are ideal.	You are adept at discriminating and may be able to learn in noisy environments.	Hands-on, being involved, an environment where you can move about.
<i>When speaking you may</i>	Watch what is being said.	Listen, you enjoy listening to yourself and others.	Speak with hands and gestures.
<i>To learn, you may want to use</i>	Charts, figures, drawn explanations, allows time to visualize information, concentrating on who is speaking.	Someone to talk you through the problem, listen to an explanation of the steps in a process rather than a demonstration.	Models, interactives explanations, and whiteboard, draw on a computer.
<i>When you're bored you</i>	Find something to watch.	Hum or talk to yourself.	Seek to move or fidget.