(please print all sheets to complete)

Learning Styles

Everybody has a preferred learning style. Knowing and understanding our learning style helps us to learn more effectively. Through identifying your learning style, you will be able to capitalize on your strengths and improve your self-advocacy skills.

Directions:

Place a check in front of all the statements that describe you. The list with the greatest number of checks is your dominant learning style.

List 1:

1. ____ reaches out to touch things
2. ____ collects things
3. ____ talk fast using hands to communicate what you want to say
4. ____ constantly fidgeting (e.g., tapping pen, playing with keys in pocket)
5. ____ good at sports
6. ____ takes things apart, puts things together
7. ____ prefers to stand while working
8. ____ likes to have music in the background while working
9. ____ enjoys working with hands and making things
10. ____ likes to chew gum or eat in class
11. ____ learn through movement and exploring the environment around you
12. ____ may be considered hyperactive
13. ____ good at finding your way around
14. ____ comfortable touching others as a show of friendship (e.g., hugging)
15. ____prefers to do things rather than watching a demonstration or reading about it in a book

List 2:

1. ____ asks for verbal instructions to be repeated
2. ____ watches speakers' facial expressions and body language
3. ____ likes to take notes to review later
4. ____ remembers best by writing things down several time or drawing pictures and diagrams
5. ____ good speller

6. ____ turns the radio or T.V. up really loud
7. ____ gets lost with verbal directions
8. ____ prefers information to be presented visually (e.g., flipcharts or chalk board)
9. ____skillful at making graphs, charts, and other visual displays
10. ____ can understand and follow directions on maps
11. ____ believes that the best way to remember something is to picture it in your head
12. ____ follows written instructions better than oral ones
13. ____ good at solving jigsaw puzzles
14. ____ gets the words to songs wrong
15. ____ good at the visual arts (art work, such as painting, photography, or sculpture, that appeals primarily to the visual sense and typically exist in permanent form)

List 3:

1. ____ Follows oral directions better than written ones
2. ____ would rather listen to a lecture than read the material in a textbook
3. ____ understands better when reads aloud
4. ____ struggles to keep notebooks neat
5. ____ prefers to listen to the radio rather than a to read a newspaper
6. ____ frequently sing, hum or whistle to yourself
7. ____ dislikes reading from a computer screen especially when the backgrounds are fuzzy
8. ____ when presented with two similar sounds, can tell if sounds are the same or different
9. ____ requires explanations of diagrams, graphs, or maps
10. ____ enjoys talking with others
11. ____ talks to self
12. ____uses musical jingles to learn things
13. ____ would rather listen to music than view a piece of art work
14. ____uses finger as a pointer when reading
15. ____likes to tell jokes, stories and makes verbal analogies to demonstrate a point

<u>Total statements checked in each category:</u>

List 1: Tactile/Kinesthetic learning style:_____
List 2: Visual learning style: _____
List 3: Auditory learning syle: _____

Designed by Tammy Friemund, Study Skills Instructor (UM-College of Technology) 09/21/2012