

LEARNING STYLE ASSESSMENT

Student _____

Date _____

For these questions, choose the first answer that comes to mind – don't spend too much time thinking about any one question.

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|--------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------|
| #1 | When you study for a test, would you rather: | Read notes, read headings in a book, and look at diagrams and illustrations. | Have someone ask you questions, or repeat facts silently to yourself. | Write things out on index cards and make models or diagrams. |
| #2 | Which of these do you do when you listen to music? | Daydream (see things that go with the music). | Hum along. | Move with the music, tap your foot, etc. |
| #3 | When you work at solving a problem do you: | Make a list, organise the steps, and check them off as they are done. | Make a few phone calls and talk to friends or experts. | Make a model of the problem/walk through the steps in your mind. |
| #4 | When you read for fun, do you prefer: | A travel book with a lot of pictures in it. | A mystery book with a lot of conversation in it. | A book where you answer questions and solve problems. |
| #5 | To learn how a computer works, would you rather: | Watch a movie about it. | Listen to someone explain it. | Take the computer apart and try to figure it out for yourself. |
| #6 | You have just entered a science museum, what will you do first? | Look around and find a map showing the locations of the various exhibits. | Talk to a museum guide and ask about exhibits. | Go into the first exhibit that looks interesting, and read directions later. |
| #7 | What kind of restaurant would you rather not go to? | One with the lights too bright. | One with the music too loud. | One with uncomfortable chairs. |
| #8 | Would you rather go to: | An art class? | A music class? | An exercise class? |
| #9 | Which are you most likely to do when you are happy? | Grin. | Shout with joy. | Jump for joy. |
| #10 | If you were at a party, what would you be most likely to remember the next day? | The faces of the people, but not the names. | The names but not the faces. | The things you did and said while you were there. |
| #11 | When you see the word "D - O - G", What do you do first? | Think of a picture of a particular dog. | Say the word "dog" to yourself silently. | Sense the feeling of being with a dog (petting it, running with it, etc.). |
| #12 | When you tell a story, would you rather: | Write it? | Tell it out loud? | Act it out? |
| #13 | What is most distracting for you when you are trying to concentrate? | Visual distractions. | Noises. | Other sensations, like hunger, tight shoes, or worry. |
| #14 | What are you most likely to do when you are angry? | Scowl. | Shout or "blow up". | Stomp off and slam doors. |
| #15 | When you aren't sure how to spell a word, which of these are you most likely to do? | Write it out to see if it looks right. | Sound it out. | Write it out to see if it feels right. |
| #16 | Which are you most likely to do when standing in a long line at the movies? | Look at posters advertising other movies. | Talk to the person next to you. | Tap your foot or move around in some other way. |
| Totals (sum of columns) | | Visual: | Auditory: | Tactile: |

LEARNING STYLE ASSESSMENT RESULTS & TIPS

Student _____

Date _____



VISUAL LEARNERS

- Take numerous detailed notes to review later
- Sit close to the front to avoid visual distractions
- Try to keep your surroundings neat and tidy
- Try closing your eyes and visualizing concepts to help you remember them
- Try incorporating visuals, such as charts or pictures, to help you understand what you are learning
- Make sure to look at study materials as much as possible, i.e. charts, maps, notes and flashcards



AUDITORY LEARNERS

- Make sure that you are sitting in a place that you can easily hear the lessons
- Try repeating the things you hear back to yourself out loud to help retain the information
- Record lessons to help fill in the gaps in your notes
- Listen carefully to lessons and try to write down key points to review later
- Try writing and reciting poems/songs to help you remember important concepts



TACTILE/KINESTHETIC LEARNERS

- Try to be active and take frequent breaks
- Activities such as cooking, construction, engineering and art can help to perceive and learn
- Try creating something to help you remember lessons for example, a scrapbook with different parts/concepts
- Sit near the door or someplace where they can easily get up and move around
- Trace words as you are saying them
- To learn facts, try to write them out several times – you will find having scrap paper around useful for this
- It is important that you take and keep notes from lessons
- Take the time to make study sheets to help you prepare for tests/exams