

What's Your Learning Style

For these questions, choose the first answer that comes to mind and click on a,b, or c.

Question 1

When you study for a test, would you rather

- ☐ a) read notes, read headings in a book, and look at diagrams and illustrations.
- ☐ b) have someone ask you questions, or repeat facts silently to yourself.
- ☐ c) write things out on index cards and make models or diagrams.

Question 2

Which of these do you do when you listen to music?

- ☐ a) daydream (see things that go with the music)
- ☐ b) hum along
- ☐ c) move with the music, tap your foot, etc.

Question 3

When you work at solving a problem do you

- ☐ a) make a list, organize the steps, and check them off as they are done
- ☐ b) make a few phone calls and talk to friends or experts
- ☐ c) make a model of the problem or walk through all the steps in your mind

Question 4

When you read for fun, do you prefer

- ☐ a) a travel book with a lot of pictures in it
- ☐ b) a mystery book with a lot of conversation in it
- ☐ c) a book where you answer questions and solve problems

Question 5

To learn how a computer works, would you rather

- ☐ a) watch a movie about it
- ☐ b) listen to someone explain it
- ☐ c) take the computer apart and try to figure it out for yourself

Question 6

You have just entered a science museum, what will you do first?

- ☐ a) look around and find a map showing the locations of the various exhibits
- ☐ b) talk to a museum guide and ask about exhibits
- ☐ c) go into the first exhibit that looks interesting, and read directions later

Question 7

What kind of restaurant would you rather not go to?

- ☐ a) one with the lights too bright
- ☐ b) one with the music too loud
- ☐ c) one with uncomfortable chairs

Question 8

Would you rather go to

- ☐ a) an art class
- ☐ b) a music class
- ☐ c) an exercise class

Question 9

Which are you most likely to do when you are happy?

- ☐ a) grin
- ☐ b) shout with joy
- ☐ c) jump for joy

Question 10

If you were at a party, what would you be most likely to remember the next day?

- ☐ a) the faces of the people there, but not the names
- ☐ b) the names but not the faces
- ☐ c) the things you did and said while you were there

Question 11

When you see the word "d - o - g", what do you do first?

- ☐ a) think of a picture of a particular dog
- ☐ b) say the word "dog" to yourself silently
- ☐ c) sense the feeling of being with a dog (petting it, running with it, etc.)

Question 12

When you tell a story, would you rather

- ☐ a) write it
- ☐ b) tell it out loud
- ☐ c) act it out

Question 13

What is most distracting for you when you are trying to concentrate?

- ☐ a) visual distractions
- ☐ b) noises
- ☐ c) other sensations like, hunger, tight shoes, or worry

Question 14

What are you most likely to do when you are angry?

- ☐ a) scowl
- ☐ b) shout or "blow up"
- ☐ c) stomp off and slam doors

Question 15

When you aren't sure how to spell a word, which of these are you most likely to do?

- ☐ a) write it out to see if it looks right
- ☐ b) sound it out
- ☐ c) write it out to see if it feels right

Question 16

Which are you most likely to do when standing in a long line at the movies?

- ☐ a) look at posters advertising other movies
- ☐ b) talk to the person next to you
- ☐ c) tap your foot or move around in some other way

Total your a's, b's and c's.

Three Different Learning Styles

If you scored mostly a's you may have a visual learning style. You learn by seeing and looking.

Visual Learners

- take numerous detailed notes
- tend to sit in the front
- are usually neat and clean
- often close their eyes to visualize or remember something
- find something to watch if they are bored
- like to see what they are learning
- benefit from illustrations and presentations that use color
- are attracted to written or spoken language rich in imagery
- prefer stimuli to be isolated from auditory and kinesthetic distraction
- find passive surroundings ideal

If you scored mostly b's, you may have an auditory learning style. You learn by hearing and listening.

Auditory Learners

- sit where they can hear but needn't pay attention to what is happening in front
- may not coordinate colors or clothes, but can explain why they are wearing what they are wearing and why
- hum or talk to themselves or others when bored
- acquire knowledge by reading aloud
- remember by verbalizing lessons to themselves (if they don't they have difficulty reading maps or diagrams or handling conceptual assignments like mathematics).

If you had mostly c's, you may have a kinesthetic learning style. You learn by touching and doing.

Kinesthetic Learners

- need to be active and take frequent breaks
- speak with their hands and with gestures
- remember what was done, but have difficulty recalling what was said or seen
- find reasons to tinker or move when bored
- rely on what they can directly experience or perform
- activities such as cooking, construction, engineering and art help them perceive and learn
- enjoy field trips and tasks that involve manipulating materials
- sit near the door or someplace else where they can easily get up and move around
- are uncomfortable in classrooms where they lack opportunities for hands-on experience
- communicate by touching and appreciate physically expressed encouragement, such as a pat on the back

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