

Assess Your Learning Style

Why is it important to know your learning style?

In recognizing the weaker areas you are able to develop and improve those.

In recognizing your dominant learning preference you can maximize your strengths.



It is proven that if strategies from multiple learning styles are incorporated into study, retention and comprehension of information increases dramatically.



Practicing a style that is not your own allows you to develop the ability to adapt to teaching styles that differ from your learning style.

Circle the statements below that best describe you most of the time.

1. People can often tell my mood by my general body tone.
2. People can often tell my mood by my facial expressions.
3. People can tell how I am feeling by my voice (volume, tone, quality).
4. When I am angry, I hold something tightly or walk away.
5. Everyone knows when I am angry. I usually “blow up.”
6. When I am angry, I tend to clam up and give others the silent treatment.
7. I remember best the things I do.
8. I remember best the things I hear.
9. I remember best the things I read.
10. I remember what happened better than I remember names or faces.
11. If I am studying something new, I like to learn about it by reading an article or watching a video.
12. I like to experiment with a new piece of equipment before I read the directions.
13. I enjoy learning by listening to others.
14. I am easily distracted by noise.

15. I am easily distracted in general and have a short interest span.
16. I am easily distracted by things I see happening around me.
17. I understand spoken directions better than written ones.
18. I remember what I read better than what I hear.
19. I like to learn most by building or making things.
20. I remember names but forget faces.
21. I remember faces but forget names.
22. I tend to be quiet around other people.
23. When trying to learn something new, I like to have someone tell me about it.
24. I enjoy learning by reading assignments and class notes.
25. I need to write things down to remember them.
26. I usually gesture when talking, and I like to talk more than I like to listen.
27. I really enjoy talking, and I like to listen to people.
28. When solving problems, I like to do something to solve them.
I often act on impulse.
29. When solving problems, I like to organize my thoughts by writing them down.
30. When solving problems, I like to talk them out and to reason verbally

AUDITORY:	3 5 8 13 14 17 20 23 27 30	Total ____
VISUAL:	2 6 9 11 16 18 21 22 24 29	Total ____
KINESTHETIC:	1 4 7 10 12 15 19 25 26 28	Total ____

- Circle the numbers that were selected.
- Add the number of CIRCLES in each line.

A “***dominant***” learning preference will result in a high number in that specific area.
A “***multiple sense***” learner will find the numbers relatively close in all areas.