

Learning Preference Assessment

Circle the number beside all of 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 the things I do best.
8. I remember the things I hear best.
9. I remember the things I read best.
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 attention span
16. I am easily distracted by things I see happening around me.
17. I understand 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.

Below, circle the numbers that you selected. Add the number of circles in each line.

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** _____

Understanding Traits & Study Strategies



AUDITORY LEARNER TRAITS

Talkative in class, enjoys discussion and debate, prefers lectures, oral presentations, and music, often sings, hums or whistles, talks to self, follows oral directions better than written directions

STUDY STRATEGIES FOR AUDITORY LEARNERS

Sit where hearing will not be an issue, read aloud, participate in discussions, explain concepts to others, summarize and tape notes, listen during other activities, use word associations, rhymes, and jingles, review flash cards by reciting aloud, join a study group

VISUAL LEARNER TRAITS

Loves books, magazines, or other reading material, relates best to written information: notes, flashcards, graphs, etc., likes to have pen and paper handy, can have trouble following long lectures, is often organized and neat

STUDY STRATEGIES FOR VISUAL LEARNERS

Sit near the front of class to minimize distractions, read text before class, take numerous detailed notes during lecture, recopy and/or reorganize notes, use flashcards, make lists, watch video clips, use highlighters, underline, jot down key points on post it notes, display around the house, find a quiet place to study

KINESTHETIC LEARNER TRAITS

Difficulty focusing at times, prefers participating actively rather than reading a book, gets restless during long lectures, drums fingers, taps feet, wiggles legs, gestures when talking

STUDY STRATEGIES FOR KINESTHETIC LEARNERS

Take notes; never put your pencil down, engage in hands on activities, pace as you study, study in short blocks of time, take breaks and move around, change subjects and study activities on a regular basis, shuffle and sort your index cards, move finger along text while reading and underline, choose a study area that allows room to move

