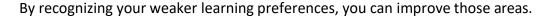


## **Learning Style Assessment**

## Why is it important to know which learning style you prefer?

By 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 number beside 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

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.

Adapted from Thrills, Spills, and Study Skills: A Strategy and Vocabulary Approach, 1st ed., Bradley, Burnett, Funk, and Hite-Walker