



5.10 Learning Styles Inventory: What Type of Learner Are You?

Try This!

It is interesting for learners to discover more about themselves. Place a ✓ next to the statements that apply to you. The most points in a certain quadrant identifies your preferred learning style.

Visual	<input type="checkbox"/> I learn by watching. <input type="checkbox"/> I remember things I have seen. <input type="checkbox"/> I have a good memory of faces. <input type="checkbox"/> I like working with charts, graphs and diagrams. <input type="checkbox"/> I prefer to read about news rather than to listen to it on the radio. <input type="checkbox"/> I need to have things written down to remember them. <input type="checkbox"/> I sometimes feel lost without my calendar. <input type="checkbox"/> I follow written directions better than oral ones. <input type="checkbox"/> I try to remember something by “picturing” it in my head. <input type="checkbox"/> I need to take notes during a lecture or presentation so I can review them later. <input type="checkbox"/> I like to receive a handout from a presenter. <input type="checkbox"/> When I present material myself, I put a lot of time into making it look good. <input type="checkbox"/> I often use highlighters or make notes while I am reading. <input type="checkbox"/> My camera is important to me, and I like to take photographs and show them to others.
TOTAL _____	
Auditory	<input type="checkbox"/> I learn by listening. <input type="checkbox"/> I remember things I have heard. <input type="checkbox"/> I have a good memory for voices and music. <input type="checkbox"/> I can usually remember lyrics to a song. <input type="checkbox"/> I follow oral directions better than written ones. <input type="checkbox"/> I would rather listen to a good lecture or speech than read about the same material. <input type="checkbox"/> I rarely takes notes during lectures or presentations. <input type="checkbox"/> I review material best by discussing it with others. <input type="checkbox"/> I prefer to have an oral explanation of charts, graphs and diagrams. <input type="checkbox"/> I like to listen to the radio. <input type="checkbox"/> I like to take part in discussions. <input type="checkbox"/> I sometimes think aloud. <input type="checkbox"/> I remember sequences and sometimes need to go back to the beginning of a story to remember all of it. <input type="checkbox"/> My record or CD collection is important to me, and I like to share listening experiences with friends.
TOTAL _____	



Kinesthetic	<input type="checkbox"/> I learn by doing. <input type="checkbox"/> I remember things I have done. <input type="checkbox"/> I have a good memory for experiences. <input type="checkbox"/> I am good at sports. <input type="checkbox"/> I get restless when I sit for a long time and need regular physical activity. <input type="checkbox"/> I like to have “active” vacations. <input type="checkbox"/> I enjoy moving the pieces of a jigsaw puzzle. <input type="checkbox"/> I feel very comfortable touching others (e.g. clapping someone on the shoulder). <input type="checkbox"/> I like “action” movies. <input type="checkbox"/> I often think, work through problems or get ideas while walking or doing other physical activities. <input type="checkbox"/> I need to write things down several times to remember them. <input type="checkbox"/> I like to play with small objects, such as coins or keys in my pockets. <input type="checkbox"/> I like working with tools.
TOTAL _____	<input type="checkbox"/> My sports equipment is important to me.