

## Assessing Your Learning Style

Read each statement and select the appropriate number response as it applies to you.

Often (3)    Sometimes (2)    Seldom/Never (1)

### Section #1

- \_\_\_\_\_ I remember information better if I write it down.
- \_\_\_\_\_ Looking at the person helps keep me focused.
- \_\_\_\_\_ I need a quiet place to get my work done.
- \_\_\_\_\_ When I take a test, I can see the textbook page in my head.
- \_\_\_\_\_ I need to write down directions, not just take them verbally.
- \_\_\_\_\_ Music or background noise distracts my attention from the task at hand.
- \_\_\_\_\_ I don't always get the meaning of a joke.
- \_\_\_\_\_ I doodle and draw pictures on the margins of my notebook pages.
- \_\_\_\_\_ I have trouble following lectures.
- \_\_\_\_\_ I react very strongly to colors.
- \_\_\_\_\_ Total

### Section #2

- \_\_\_\_\_ My papers and notebooks always seem messy.
- \_\_\_\_\_ When I read, I need to use my index finger to track my place on the line.
- \_\_\_\_\_ I do not follow written directions well.
- \_\_\_\_\_ If I hear something, I will remember it.
- \_\_\_\_\_ Writing has always been difficult for me.
- \_\_\_\_\_ I often misread words from the text-(i.e., "them" for "then").
- \_\_\_\_\_ I would rather listen and learn than read and learn.
- \_\_\_\_\_ I'm not very good at interpreting an individual's body language.
- \_\_\_\_\_ Pages with small print or poor quality copies are difficult for me to read.
- \_\_\_\_\_ My eyes tire quickly, even though my vision check-up is always fine.
- \_\_\_\_\_ Total

### Section #3

- \_\_\_\_\_ I start a project before reading the directions.
- \_\_\_\_\_ I hate to sit at a desk for long periods of time.
- \_\_\_\_\_ I prefer first to see something done and then to do it myself.
- \_\_\_\_\_ I use the trial and error approach to problem-solving.
- \_\_\_\_\_ I like to read my textbook while riding an exercise bike.
- \_\_\_\_\_ I take frequent study breaks.
- \_\_\_\_\_ I have a difficult time giving step-by-step instructions.
- \_\_\_\_\_ I enjoy sports and do well at several different types of sports.
- \_\_\_\_\_ I use my hands when describing things.
- \_\_\_\_\_ I have to rewrite or type my class notes to reinforce the material.
- \_\_\_\_\_ Total

**Directions:**

Total the score for each section. A score of 21 points or more in a modality indicates a strength in that area. Section #1 is Visual, Section #2 is Auditory and Section #3 is Kinesthetic/Tactile. The highest of the 3 scores indicates the most efficient method of information intake for you. The second highest score indicates the modality which boosts the primary strength. For example, a score of 23 in the visual modality indicates a strong visual learner. Such a learner benefits from the text, from filmstrips, charts, graphs, etc. If the second highest score is auditory, then the individual would benefit from audio tapes, lectures, etc. If you are strong kinesthetically, then taking notes and rewriting class notes will reinforce information.