

My *Individual* Learning Style(name)

Circle **YES** for those statements with which you agree.

1. I prefer to see how a task is done before I try it.
YES NO

2. I like to jump in and try what I am learning even if I make a mistake.
YES NO

3. I like it when I have a chance to discuss ideas with other people.
YES NO

4. I tend to use a lot of gestures and movement when talking to people.
YES NO

5. I remember names and voices better than faces.
YES NO

6. I like books which are illustrated.
YES NO

7. I prefer to be on my feet rather than sitting for a long time.
YES NO

8. I would rather listen to stories on tape than read them.
YES NO

9. I would rather watch TV or read than listen to music
YES NO

10. I prefer spoken instructions to written ones.
YES NO

11. I remember what I do as opposed to what I see or hear.
YES NO

12. I remember places I have visited when I see a picture.
YES NO

13. I often ask for a friend's advice on what clothes to wear.
YES NO

14. I like to wear clothes that feel good.
YES NO

15. I like lots of colour.
YES NO

16. I would rather be doing something than watching T.V
YES NO

17. I can easily picture things in my head.
YES NO

18. I easily remember what I hear.
YES NO

19. I spend a lot of time on the telephone.
YES NO

20. I prefer to have face to face conversations.
YES NO

21. I prefer to show someone how to do something (as opposed to explain it)
YES NO

22. It is difficult for me to sit still for a long time.
YES NO

23. I prefer to draw maps when giving people directions.
YES NO

24. I prefer to explain the route when giving directions.
YES NO

25. I like building and making things.
YES NO

26. I tend to remember faces better than names.
YES NO

27. I work better with music or noise in the background.
YES NO

28. I am easily distracted if I sit near a window.
YES NO ☐

29. I get restless easily.
YES NO

30. I would rather listen to music than watch TV.
YES NO

To discover your dominant senses:

1. Circle each YES answer from the previous page.
2. Add all the YES answers up by category – putting a / in each category for each YES answer

V (Visual)

A (Auditory)

K (Kinaesthetic).

e.g. If you have circled YES for question 1 you put a / for Visual
 If you have circled YES for question 2 you put a / for
 Kinaesthetic

3. Total number of / for each category below.

The highest number(s) is the strongest trait and is your preferred learning style.

| | | |
|-------|-------|-------|
| 1. V | 11. K | 21. K |
| 2. K | 12. V | 22. K |
| 3. A | 13. A | 23. V |
| 4. K | 14. K | 24. A |
| 5. A | 15. V | 25. K |
| 6. V | 16. K | 26. V |
| 7. K | 17. V | 27. A |
| 8. A | 18. A | 28. V |
| 9. V | 19. A | 29. K |
| 10. A | 20. V | 30. A |

TOTALS

_____ V =VISUAL

_____ A =AUDITORY

_____ K = KINESTHETIC

What your Answers Mean...

You may find part of the descriptions of each preferred style is relevant for you.

This is designed to help you reflect on, and improve, learning and communication skills.

Predominantly Visual People

If you are predominantly Visual your brain prefers to store information through sight. You may remember faces better than names, or recognise places but have difficulty recalling the street names. You usually like to make notes to help you concentrate and remember things. You normally talk quite quickly because you are picturing things in your head as you speak. You like your own space to look tidy and clean. You like your clothes to be colourful, stylish and co-ordinated. You have a good imagination and find it easy to visualise. You prefer to receive information in writing, diagrams and pictures.

Predominantly Auditory People

If you are predominantly Auditory you often trust what you hear. If you doubt what is being said you want to discuss it. You often talk a lot and sometimes forget others need to talk too. You are a real bonus at a party. You find it easier to take and give verbal instructions and can learn effectively without taking notes because you can easily remember what has been said. You probably enjoy background noise when working and prefer to listen to music or have discussion than watch TV. You often talk or hum to yourself.

Predominantly Kinaesthetic People

If you are predominantly Kinaesthetic you feel emotions very easily. You easily become emotionally involved in films, books and events, whether they are happy, scary or sad. Your brain needs time to process information because you are tapping into emotions, relating events to previous experience. This means you usually talk slowly and can easily be interrupted by visual learners. You have a great memory and can often remember events from early in your childhood. You like to get stuck in to a new task rather than be told or shown how to do it. Your surroundings and clothes have to feel comfortable and warm. You often like to stretch out and make yourself comfortable wherever you are.

You may find that you have two scores that are close together this indicates that you are quite comfortable processing information in both these modes. Some people have close scores for all three and that can indicate they are able to process information in all three modes – a very strong learning style.