

Learning Styles – what type of learner do you think you are?

Rank the three answers to each question. Give 3 marks for your most preferred answer, 2 marks for your second preference and 1 mark for your last preference.

1. I learn best from

- a) diagrams, pictures or handouts
- b) hearing a good explanation or having a discussion
- c) either taking notes or being involved in some activity

2. If I can't find something, I

- a) picture where I might I have left it
- b) either talk to myself about where I may have left it or ask others for clues or ideas
- c) physically retrace my steps

3. When I am learning something new, like running a new piece of software, I generally

- a) refer to the manual
- b) ask others to explain the instructions to me
- c) just jump in, make mistakes and learn as I go

4. I solve problems most easily by

- a) visualising how they could be solved
- b) discussing possible solutions with others
- c) working on the problems

5. When I want to concentrate, I'm most easily distracted by

- a) seeing people moving around
- b) noises, music or people talking
- c) physical discomfort, such as being either too hot or too cold

6. When I am reading a book, I

- a) see the characters in my mind as if I am watching a movie
- b) pay most of my attention to what the characters are saying
- c) feel for the characters and identify with their experiences

7. When I spell difficult words, I would prefer to:

- a) see the word in my mind or write it down to see how it looks
- b) hear it in my mind or sound the words out
- c) see the word on paper or in my mind to find out if it feels right

8. I would find it easier to:

- a) draw a picture, diagram or sketch of something
- b) write a letter, story or compose a song
- c) make something or do an experiment

Learning Styles – what type of learner do you think you are?

Ranking – Tally the results for each question:

Question	a	b	c
1			
2			
3			
4			
5			
6			
7			
8			
Total			

Answer key

If you a majority of **a)** answers your learning style is visual

If you a majority of **b)** answers your learning style is auditory

If you a majority of **c)** answers your learning style is kinaesthetic

Often participants may find that their results show that they have a preference for more than one style
