Identify Your Learning Style

This informal survey helps you identify our own learning style and modality preference. Read each statement carefully. Check YES if the statement relates to you all or most of the time. Check NO if the statement seldom or never relates to you. Your first reaction to the question is usually the best response.

1. I like to listen and discuss work with a partner.  
2. I learn by hearing my own voice on tape.  
3. I prefer to learn something new by reading about it.  
4. I often write down directions someone has given me so that I don’t forget them.  
5. I enjoy physical sports or exercise.  
6. I learn best when I can see new information in picture form.  
7. I am able to visualize easily.  
8. I learn best when someone talks or explains to me.  
9. I usually write things down so that I can look back at them later.  
10. If someone says a long word, I can count the syllables that I hear.  
11. I have a good memory for old songs or music.  
12. I like to discuss in small groups.  
13. I often remember the size, shape, and color of objects.  
14. I often repeat out loud the directions someone has given me.  
15. I enjoy working with my hands.  
16. I can remember faces of actors, settings, and other visual details of a movie I have seen in the past.  
17. I often use my hands and body movement when I’m explaining something.  
18. I prefer to practice redrawing diagrams on a chalkboard rather than on paper.  
19. I seem to learn better if I get up and move around while I study.  
20. If I wanted to assemble a bike, I would need pictures or diagrams to help with each step.  
21. I remember objects better when I have touched them or worked with them.  
22. I learn best by watching someone else first.  
23. I tap my fingers or my hands a lot while I am seated.  
24. I speak a foreign language.  
25. I enjoy building things.  
26. I can follow the plot of a story on the radio.  
27. I enjoy repairing things at home.  
28. I can understand a lecture when I hear it on tape.  
29. I am good at using machines or tools.  
30. I find sitting still for very long difficult.  
31. I enjoy acting or doing pantomimes.  
32. I can easily see patterns in designs.  
33. I need frequent breaks to move around.  
34. I like to recite or write poetry.  
35. I can usually understand people with different accents.  
36. I can hear many different pitches or melodies in music.
37. I like to dance and create new movements or steps.      YES    NO
38. I enjoy activities that require physical coordination. YES    NO
39. I follow written directions better than oral ones.     YES    NO
40. I can easily recognize differences between similar sounds. YES    NO
41. I like to create or use jingles/rhymes to learn things. YES    NO
42. I wish more classes had hand-on experiences.         YES    NO
43. I can quickly tell if two geometric shapes are identical. YES    NO
44. The things I remember best are the things I have seen in print or picture. YES    NO
45. I follow oral directions better than written ones.    YES    NO
46. I could learn the names of fifteen medical instruments much easier if I could touch and examine them. YES    NO
47. I need to say things aloud to myself to remember them. YES    NO
48. I can look at a shape and copy it correctly on paper.  YES    NO
49. I can usually read a map without difficulty.          YES    NO
50. I can “hear” a person’s exact words and tone of voice days after he or she has spoken to me. YES    NO
51. I remember directions best when someone gives me landmarks, such as specific buildings and trees. YES    NO
52. I have a good eye for colors and color combinations.  YES    NO
53. I like to paint, draw, or make sculptures.             YES    NO
54. When I think back to something I once did, I can clearly picture the experience. YES    NO

Scoring Your Profile

1. Ignore the NO answers. Work only with the questions that have a YES answer.
2. For every YES answer look at the number of the question. Find the number in the chart below and circle that number.
3. When you finish, not all the numbers in the boxes will be circled. Your answers will very likely not match anyone else’s.
4. Count the number of circles for the Visual box and write the total on the line. Do the same for the Auditory box and the Kinesthetic box.

<table>
<thead>
<tr>
<th>Visual</th>
<th>Auditory</th>
<th>Kinesthetic</th>
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<td>3, 4, 6, 7, 9, 13, 16, 20, 22, 32, 39, 43, 44, 48, 49, 51, 52, 54</td>
<td>1, 2, 8, 10, 11, 12, 14, 24, 26, 28, 34, 35, 36, 40, 41, 45, 47, 50</td>
<td>5, 15, 16, 17, 19, 21, 23, 25, 27, 29, 30, 31, 33, 37, 38, 42, 53</td>
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Analyzing Your Scores

1. The highest score indicates your preference. The lowest score indicates your weakest modality.
2. If your two highest scores are the same or very close, both of these modalities may be your preference.

3. If all three of your scores are identical, you have truly integrated all three modalities and can work equally well in any of the modalities.

4. Scores that are 10 or higher indicate you use the modality frequently.

5. Scores lower than 10 indicate the modality is not highly used. It is important to examine why. One reason may be that you have a physical or neurological impairment that makes using the modality difficult or impossible. A second reason, which is often the case, is that you have had limited experience learning how to use the modality effectively as you learn. In this case learning new strategies can strengthen your use of the modality.