

LEARNING STYLES ASSESSMENT

Circle the statements that describe how you learn. The column with the most circles should be your preferred learning style.

Column 1	Column 2	Column 3
Like to listen to books read out loud	Like to read books on my own rather than have it read out loud	Have difficulty sitting still; in motion most of the time
Like to talk and enjoy making oral presentations	Like to dress neatly and I'm very particular about what I wear	Dress to feel comfortable
Remember what was said during class lectures or discussions	Like taking notes and making checklists of what I need to do	Can assemble things easily
Whisper to myself while reading	Have neat handwriting	Remember things I have done rather than what was seen or talked about
Like to participate in discussions	Solve problems by reading information or organizing solutions on paper	Like to study on a bed, floor, or a comfortable chair
Need directions read orally	Like to study at a desk	Have messy handwriting
Solve problems by talking about options and asking other people	Like to watch experiments or demonstrations	Fidget with things or tap my fingers, foot, or pencil
Study with music playing	Remember faces of people but forget names	Gesture with my hands when talking
Easily distracted by noises	Like to use graphic organizers, graphs, mind maps, or charts	Solve problems physically or with a trial and error approach
Like tests or math story problems read out loud	"Make a movie" in my mind as I read	Remember things if I write it down
Remember names of people but forget faces	Need to have written directions	Like to do experiments or hands-on activities
Repeat information out loud that I need to learn	Organize things according to color	Need frequent breaks when I study

USEFUL STRATEGIES FOR AUDITORY, VISUAL, AND KINESTHETIC LEARNERS

AUDITORY LEARNER

Learn best by hearing

Participate in discussions
Explain what I learn to someone
Put information I need to know into songs or raps

Listen to wordless background music while I work

Use mnemonic devices (Never Eat Soggy Waffles for North-East-South-West)

Repeat things orally
Read or listen to directions read out loud
Use audio books
Have someone read aloud tests or math word problems

Read my rough draft out loud so I can hear my mistakes

Record what I need to know for a test and replay it

Talk quietly to myself as I read or work

VISUAL LEARNER

Learn best by seeing

Visualize and “make a movie” as I read
Add highlighting, underlining, symbols, or pictures to my notes

Pay attention to charts, diagrams, maps, and graphs in books

Take notes so I can read them later
Organize things according to color
Use written directions or visual examples
Use graphic organizers, mind maps, concept maps, or infographics

Add drawings when I write definitions for vocabulary

Watch videos, movies, or slide show presentations

Make checklists and mark off items that I have completed

Use flashcards to study vocabulary

KINESTHETIC LEARNER

Learn best by touching or doing

Choose to do hands-on projects, experiments, or demonstrations

Time myself when I study and give myself breaks

Do something physical during my breaks

Get plenty of exercise
Write things repeatedly so I can remember them

Use concrete objects to learn new concepts

Write or trace on surfaces with a finger
Solve problems physically by working through them

Take notes and rewrite or retype them later

Learn while doing something active (Read while on the treadmill)

Chew gum while studying

Key for the LEARNING STYLES ASSESSMENT

Column 1 lists characteristics of
Auditory Learners.

Column 2 lists characteristics of Visual
Learners.

Column 3 lists characteristics of
Kinesthetic Learners.