

learning style checklist

name _____

date _____

Please check only the strategies that help you learn the best. You may check more than one strategy in each section. Write strategies which you use but are not listed on the blank line of each section.

To help me understand what I read, I...

- _____ read out loud
- _____ read silently
- _____ take turns reading aloud with someone
- _____ stop and think about what I have read and make predictions
- _____ highlight the important key words or phrases
- _____ learn the vocabulary words before I read
- _____ know the questions I need to answer before I read
- _____ reread
- _____ read slower
- _____ use books on tape
- _____ _____

To help me remember, I...

- _____ review the material often
- _____ write, act out or draw the things I need to remember
- _____ reread the directions
- _____ have the directions repeated orally to me
- _____ use as many senses as possible--hearing, seeing and doing
- _____ break material into smaller chunks
- _____ use memory strategies like acronyms (Never Eat Soggy Waffles for the directions NESW)
- _____ put it into a rhythm or song
- _____ use motions or pegging
- _____ _____

To help me with my handwriting or copying, I...

- get a copy of the notes from a friend
 - ask the teacher to make me a copy of her notes
 - use the computer
 - print rather than do cursive
 - use erasable pen
 - ask teachers to give me worksheets rather than copy from a book
 - use colored pens
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When I write long papers, I need to...

- use graphic organizers
 - brainstorm my ideas with a teacher before I begin
 - use the computer
 - create a web or an outline
 - write the important details on note cards and then organize the information
 - get copies of research articles so I can highlight main ideas
 - get my ideas down on paper and fix the spelling later
-

To help me spell better, I...

- do a short assignment or activity with my spelling words each day
 - practice my words by writing them (Rainbow Words, use marker boards)
 - practice my words by spelling them out loud
 - study my words by looking at them and picturing them in my mind
 - learn about types of syllables and spelling rules
 - use an electronic spellchecker
-

To help me in math, I...

- use a multiplication chart
 - use graph paper to keep my numbers lined up
 - write down the steps/formulas
 - repeat the steps out loud
 - look at a model problem
 - use colors to mark the signs or the different steps
 - do a few problems and check with the teacher to see if they are right
 - use a calculator
 - highlight the key words in story problems
 - ask myself if the answer makes sense
-

To pay better attention, I...

- do physical things every day
 - eat breakfast
 - get enough sleep
 - take frequent breaks
 - sit near the teacher
 - sit in a carrel or in a place with few distractions
 - sit so that I am facing the screen or blackboard
 - work with a partner
 - do hands-on activities
 - take my medicine
-

In order to stay organized, I...

- _____ clean out my binder each week
 - _____ clean out my desk and locker regularly
 - _____ use colored folders or notebooks for each subject
 - _____ punch holes in worksheets and put in my binder
 - _____ use a binder with accordion folders
 - _____ get long-term assignments broken down into short-term tasks
 - _____ have a calendar at home and mark off the dates for projects and tests
 - _____ pack my book bag before I go to bed
 - _____ store things in the same place
 - _____ use an assignment book
 - _____ have a teacher or buddy check my assignment sheet at the end of class
 - _____ give my parents a weekly progress report from my teachers
-

To study for tests, I...

- _____ start studying for the test ahead of time
 - _____ complete the study guide and keep reviewing it
 - _____ make study cards with vocabulary words
 - _____ go to a study session
 - _____ type or write down what I need to remember
 - _____ read what I need to remember out loud
 - _____ read what I need to remember into a tape recorder
 - _____ study in the morning
 - _____ study after school
 - _____ study in the evening
 - _____ study in a small group
 - _____ have a parent/friend quiz me
-

When taking tests, I...

- go to a separate room
 - have the test read out loud to me
 - have extra time to take the test
 - have the directions repeated to me
 - use the computer for essay questions
 - organize my ideas for essay questions into a web before I write
-

I like tests that are...

- open-note/open-book
 - multiple-choice
 - true-false
 - fill-in-the-blank without a word bank
 - fill-in-the-blank with a word bank
 - matching
 - short-answer
 - essay
-

To complete my homework, I...

- copy the assignments from the board in my assignment book
 - call the Homework Hotline or check the Homework website
 - go to a before/after school homework group
 - do my homework at the same time every day
 - do my homework in the same place at home
 - get my homework done before dinner
 - have time in school to start my work
 - have someone at home help me if I need it
 - have someone at home check my finished work
 - have music playing in the background
-

I am proud that I...

I have improved in...

I am a good student because...

My goals for the next school year are...

My learning style is...

_____ **auditory** (by listening)

_____ learn from lectures

_____ remember discussions

_____ need oral directions

_____ **visual** (by seeing)

_____ learn from reading

_____ remember what was seen

_____ need written directions

_____ **kinesthetic-tactual** (by doing)

_____ taking notes or writing things down helps me remember

_____ prefer hands-on learning (experiments, manipulatives)

_____ learn better with physical activity

I prefer to work in

_____ a large group

_____ with a partner

_____ in a small group (3-6)

_____ by myself

I think that teachers need to know these things about me...