

What is Your Learning Style?

There are three basic types of learning styles. The three most common are visual, auditory, and kinesthetic. To learn, we depend on our senses to process the information around us. Most people tend to use one of their senses more than the others.

There is a series of 16 questions that are related to the three main learning styles. Read the question and select the answer that closest fits your answer. Do not think about the questions too much. After you answer each of these questions, add your total number of a's, b's, and c's.

Some people depend on two or more types of learning styles. It is not unusual to use different learning styles for different tasks. That is why people can respond so differently to the same thing.

For the following questions, choose the first answer that comes to mind.

- 1. When you study for a test, would you rather:**
 - a. Read notes, read headings in a book, and look at diagrams/illustrations
 - b. Have someone ask you questions or repeat facts silently to yourself
 - c. Write things out on index cards and make models or diagrams

- 2. Which of these do you do when you listen to music?**
 - a. Daydream
 - b. Hum along
 - c. Move with the music, tap your foot, etc.

- 3. When you work at solving a problem do you:**
 - a. Make a list, organize the steps, and check them off as they are done
 - b. Make a few phone calls and talk to friends or experts
 - c. Make a model of the problem or walk through all the steps in your mind

- 4. When you read for fun, do you prefer:**
 - a. A travel book with a lot of pictures in it
 - b. A mystery book with a lot of conversation in it
 - c. A book where you answer questions and solve problems

- 5. To learn how a computer works, would you rather:**
 - a. Watch a movie about it
 - b. Listen to someone to explain it
 - c. Take the computer apart and try to figure it out for yourself

- 6. You have just entered a science museum, what will you do first?**
 - a. Look around and find a map showing the locations of various exhibits
 - b. Talk to a museum guide and ask about exhibits
 - c. Go into the first exhibit that looks interesting and read directions later

- 7. What kind of restaurant would you rather NOT go to?**
 - a. One with the lights too bright
 - b. One with the music too loud
 - c. One with uncomfortable chairs

- 8. Would you rather go to:**
- An art class
 - A music class
 - An exercise class
- 9. Which are you most likely to do when you are happy?**
- Grin
 - Shout with joy
 - Jump for joy
- 10. If you were at a party, what would you be most likely to remember the next day?**
- The faces of the people there, but not the names
 - The names but not the faces
 - The things you did and said while you were there
- 11. When you see the word “d – o – g”, what do you do first:**
- Think of a picture of a particular dog
 - Say the word “dog” to yourself silently
 - Sense the feeling of being with a dog (petting it, playing with it, etc.)
- 12. When you tell a story, would you rather:**
- Write it
 - Tell it out loud
 - Act it out
- 13. What is most distracting for you when you are trying to concentrate?**
- Visual distractions
 - Noises
 - Other sensations like hunger, tight shoes, or worry
- 14. What are you most likely to do when you are angry?**
- Scowl
 - Shout or “blow up”
 - Stomp off and slam the doors
- 15. When you are not sure how to spell a word, which of these are you most likely to do?**
- Write it out to see if it looks right
 - Sound it out
 - Write it out to see if it feels right
- 16. Which are you most likely to do when standing in a long line at the movies?**
- Look at posters advertising other movies
 - Talk to the person next to you
 - Tap your foot or move around in some other way

Three Different Learning Styles

If you scored mostly “a,” you may have a visual learning style. You learn by seeing and looking.

Visual learners tend to have the following traits:

- Take numerous detailed notes.
- Tend to sit in the front.
- Are usually neat and clean.
- Often close their eyes to visualize or remember something.
- Find something to watch if they are bored.
- Like to see what they are learning.
- Benefit from illustrations and presentations that use colour.
- Are attracted to written or spoken language rich in imagery.
- Prefer stimuli to be isolated from auditory and kinesthetic distractions.
- Find passive surroundings ideal.

If you scored mostly “b,” you may have an auditory learning style. You learn by listening.

Auditory learners tend to have the following traits:

- Sit where they can hear but do not need to pay attention to what is happening.
- May not coordinate colours or clothes, but can explain why they are wearing what they are wearing and why.
- Hum or talk to themselves or others when bored.
- Acquire knowledge by reading aloud.
- Remember by verbalizing lessons to themselves (if they don't, they have difficulty reading maps or diagrams or handling conceptual assignment like mathematics).

If you scored mostly “c,” you may have a kinesthetic learning style. You learn by doing.

Kinesthetic learners tend to have the following traits:

- Need to be active and take frequent breaks.
- Speak with their hands and with gestures.
- Remember what was done, but have difficulty recalling what was said or seen.
- Find reasons to tinker or move when bored.
- Rely on what they can directly experience or perform.
- Activities such as cooking, construction, engineering, and art help them perceive/learn.
- Enjoy field trips and tasks that involve manipulating materials.
- Sit near the door or someplace else where they can easily get up and move.
- Feel uncomfortable in classrooms where they lack opportunities for hand-on experience.