

Discovering Your Learning Style

This informal survey helps you identify your learning style 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 your best response.

		YES	NO
1	I like to listen and discuss work with a partners		
2	I learn by hearing my own voice on tape		
3	I prefer to learn something new by reading it		
4	I often write down the 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 the faces of actors, settings, and other visual details of a movie I saw 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		
38	I enjoy activities that require physical coordination		
39	I follow written directions better than oral ones		

		YES	NO
40	I can easily recognize differences between similar sounds		
41	I like to create or use jingles/rhymes to learn things		
42	I wish more classes had hands-on experiences		
43	I can quickly tell if two geometric shapes are identical		
44	The things I remember best are the things I have seen in print or pictures		
45	I follow oral directions better than written ones		
46	I could learn the names of 15 medical instruments much easier if I could touch and examine them		
47	I need to say things aloud to myself to remember them		
48	I can look at a shape and copy it correctly on paper		
49	I can usually read a map without difficulty		
50	I can "hear" a person's exact words and tone of voice days after he or she has spoken to me		
51	I can remember directions best when someone gives me landmarks, such a specific buildings and trees		
52	I have a good eye for color and color combinations		
53	I like to paint, draw, or make sculptures		
54	When I think back to something I did once, I can clearly picture the experience		

SCORING

1. Only work with the questions that have a YES answer. Ignore the NO answers.
2. For every yes answer, look at the number of the question. Find the number in the box below and circle it. Not all numbers should be circled.
3. Count the number of circled numbers for the Visual box and write the total on the line below. Do the same for the Auditory box and the Kinesthetic box.

Visual (see)
3, 4, 6, 7, 9,
13, 16, 20, 22,
32, 39, 43, 44,
48, 49, 51, 52, 54

Auditory (hear)
1, 2, 8, 10, 11
12, 14, 24, 26, 28
34, 35, 36, 40, 41
45, 47, 50

Kinesthetic (touch)
5, 15, 17, 18, 19
21, 23, 25, 27, 29
30, 31, 33, 37, 38
42, 46, 53

Analyzing Your Scores

1. The highest score indicates your preferred way of learning.
2. If two scores are the same or very close, both may be your preference.
3. If all three are the same, you use a variety of techniques to learn.
4. Scores that are 10 or higher indicate that you use that mode of learning frequently. Scores lower than 10 indicate that it is not highly used.

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Adapted from: Wong, L. (1997). *Essential Study Skills*. New York: Houghton Mifflin.