

# Learning Styles Inventory and Strategies

Have you ever tried to learn something fairly simple but found it difficult to grasp the key ideas? Or tried to teach people and found that some were overwhelmed or confused by something quite basic?

Everyone person has a different way of learning. Knowing your learning style can help you prepare yourself for academic success. What's your learning style?

## Visual Learners

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### Description:

- Prefer to see information such as pictures, diagrams, cartoons, demonstrations
- Picture words and concepts they hear as images
- Easily distracted in lecture with no visual aids
- Overwhelmed with intense visuals accompanied by lecture
- Benefit from using charts, maps, notes, and flash cards when studying

### Visual Learning Study Tips:

- Copy what's on the board
- Ask the teacher to diagram
- Take notes, make lists
- Watch videos
- Outline reading
- Use flashcards
- Use highlighters, circle words, underline



## Auditory Learners

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### Description:

- Prefer to hear information spoken
- Can absorb a lecture with little effort
- May not need careful notes to learn
- Often avoid eye contact in order to concentrate
- May read aloud to themselves
- Like background music when they study

### Auditory Learning Study Tips:

- Using word association to remember facts and lines
- Recording lectures
- Watching videos
- Repeating facts with eyes closed
- Participating in group discussions
- Using audiotapes for language practice
- Taping notes after writing them



## Kinesthetic Learners

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### Description:

- Prefer touch as their primary mode for taking in information
- In traditional lecture situations, they should write out important facts
- Create study sheets connected to vivid examples
- Role-playing can help them learn and remember important ideas

### Kinesthetic Learning Study Tips:

- Studying in short blocks
- Taking lab classes
- Role playing
- Taking field trips, visiting museums
- Studying with others
- Using memory games and flashcards



# Learning Style Quiz

Read the following questions and circle the letter of the best answer in your opinion. There is no right or wrong answers to this quiz. Just circle what you usually prefer.

1. When learning how to use my computer, I prefer to:
  - A. Read the manual first
  - B. Have someone explain how to do it first
  - C. Just start using the computer and get help if I need it
2. When getting directions to a new location, it is easier to:
  - A. Look at a map
  - B. Have someone tell me how to get there
  - C. Follow someone or have them take me there
3. To remember a phone number, I:
  - A. Look at the number and dial it several times
  - B. Repeat it silently or out loud to myself several times
  - C. Remember the number by the pattern pressed on the keypad, the tones of each number or by writing it down
4. For relaxation, I prefer to:
  - A. Read a book or magazine
  - B. Listen to or play music
  - C. Go for a walk or do something physical
5. I am better at:
  - A. Reading
  - B. Talking
  - C. Physical activities
6. In school, I learn best by:
  - A. Reading
  - B. Listening
  - C. Hands-on activities
7. I tend to be a:
  - A. Thinker
  - B. Talker
  - C. Doer
8. When I study for a test, it works best when I:
  - A. Read and picture the information in my head
  - B. Read and say the ideas out loud or silently
  - C. Highlight, write notes and outlines
9. It is easier for me to remember:
  - A. Faces
  - B. Names
  - C. Events
10. On Saturday, I would prefer to:
  - A. See a movie
  - B. Go to a concert
  - C. Participate in athletics or be outside
11. In a college class, it is most important to have:
  - A. A good textbook with pictures, graphs and diagrams
  - B. A good teacher who has interesting lectures
  - C. Hands-on activities
12. It is easier to study by:
  - A. Reading and reviewing the material
  - B. Discussing the subject with others
  - C. Writing notes or outlines
13. When I get lost, I prefer to:
  - A. Look at the map
  - B. Call or ask for directions
  - C. Drive around the area until I recognize familiar landmarks
14. When cooking, I often:
  - A. Look for new recipes
  - B. Talk to others to get new ideas
  - C. Put it together and it generally comes out OK
15. When assembling a new toy or piece of furniture, I usually:
  - A. Read the instructions first
  - B. Talk myself through each step
  - C. Start putting it together and read the directions if I get stuck
16. When solving a problem, it is more useful to:
  - A. Read a best-selling book on the topic
  - B. Talk over the options with a trusted friend
  - C. Do something about it
17. Which statement do you like the best:
  - A. A picture is worth a thousand words
  - B. Talk to me and I can understand.
  - C. Just do it.
18. When I was a child, my mother said I:
  - A. Spent a lot of time reading, taking photos or drawing
  - B. Had lots of friends and was always talking to someone on the phone
  - C. Was always taking things apart to see how they worked

## SCORE YOUR QUIZ:

- Visual Learners \_\_\_\_\_ Count your number of A's above
- Auditory Learners \_\_\_\_\_ Count your number of B's above
- Kinesthetic/Tactile Learners \_\_\_\_\_ Count your number of C's above