

## Learning Styles Self-Assessment

Read the instructions below then check on or more examples that you feel are most like the response you would make. If uncertain please check the response that might be the closest to the one you would make.

Situation	Response 1		Response 2		Response 3	
1. When you SPELL...	Do you try to see the word in your imagination or write it to see it?	<input type="checkbox"/>	Do you try to sound out the word?	<input type="checkbox"/>	Do you write the word down and find out if it feels right?	<input type="checkbox"/>
2. When you TRY TO IMAGINE something...	Do you see things clearly and easily in vivid and detailed pictures?	<input type="checkbox"/>	Do you think in the sounds you would hear?	<input type="checkbox"/>	Do you imagine what it would feel like to actually be there involved in the situation?	<input type="checkbox"/>
3. When you CONCENTRATE...	Do you need to make your workspace tidy and uncluttered before you begin work?	<input type="checkbox"/>	Do you hate people talking or noises off in the distance because you start listening to them?	<input type="checkbox"/>	Do you need to move around, perhaps talk to yourself, to help?	<input type="checkbox"/>
4. When you are ANGRY...	Do you become silent and fume?	<input type="checkbox"/>	Do you express your anger in an outburst of words and noises?	<input type="checkbox"/>	Do you storm off, grit your teeth, clench your fists, or slam the door?	<input type="checkbox"/>
5. When you FORGET SOMETHING...	Does it tend to be names, but you remember faces and places?	<input type="checkbox"/>	Do you forget faces and places, but remember names and stories you were told?	<input type="checkbox"/>	Do you remember best what you did and the places you actually visited?	<input type="checkbox"/>
6. When you CONTACT SOMEONE TO MAKE A REQUEST...	Do you prefer direct, personal meeting face to face, so you can see them?	<input type="checkbox"/>	Do you prefer to telephone rather than see them?	<input type="checkbox"/>	Do you talk about it or rehearse it while walking along doing another activity?	<input type="checkbox"/>
7. When you are RELAXING...	Do you prefer to watch TV, read, see a movie, or look at magazines?	<input type="checkbox"/>	Do you prefer to listen to the radio, play music, or hear stories?	<input type="checkbox"/>	Do you prefer to play sports/games or take part in activities (e.g. aerobics)?	<input type="checkbox"/>
8. When you enjoy THE ARTS...	Do you like viewing paintings or sculptures?	<input type="checkbox"/>	Do you like listening to music or going to concerts?	<input type="checkbox"/>	Do you like taking part yourself (e.g. drama groups) or watching very lively activities (e.g. the circus)?	<input type="checkbox"/>
9. When you PRAISE SOMEONE...	Do you write them a card or note to tell them?	<input type="checkbox"/>	Are you happy to tell them face to face how they have done?	<input type="checkbox"/>	Do you give them a pat on the back, or a hug, to show your pleasure or perhaps give them a present?	<input type="checkbox"/>
10. When you try to INTERPRET SOMEONE'S MOOD...	Do you mainly look at their facial expression?	<input type="checkbox"/>	Do you listen to the tone of their voice?	<input type="checkbox"/>	Do you watch their body movements?	<input type="checkbox"/>
11. When you are	Do you like descriptive	<input type="checkbox"/>	Do you enjoy	<input type="checkbox"/>	Do you prefer stories	<input type="checkbox"/>

READING...	scenes and often stop to imagine a scene?		dialogue and conversation and try to hear the characters talk?		with a strong storyline and plenty of action; or perhaps you are not a keen reader?	
12. When you LEARN...	Do you prefer to see demonstrations, diagrams, slides, and pictures?	<input type="checkbox"/>	Do you like verbal instructions, talks, lectures, explanations?	<input type="checkbox"/>	Do you prefer to learn through activities, role play, or practical situations?	<input type="checkbox"/>
13. When you are INACTIVE, FILLING TIME, or WAITING...	Do you look around, doodle, study something, or watch people around you?	<input type="checkbox"/>	Do you talk to yourself or chat to other people?	<input type="checkbox"/>	Do you fidget, walk up and down, or find something to do?	<input type="checkbox"/>
14. When you are TALKING	Do you dislike listening for too long	<input type="checkbox"/>	Do you enjoy listening to others but can be keen on talking to yourself?	<input type="checkbox"/>	Do you gesture a lot and use expressive movements?	<input type="checkbox"/>
15. Do you REMEMBER...	Funny scenes?	<input type="checkbox"/>	Jokes and story lines?	<input type="checkbox"/>	Feelings and sensations?	<input type="checkbox"/>
16. Do you TEND TO REMEMBER...	What you see?	<input type="checkbox"/>	What you hear?	<input type="checkbox"/>	What you actually do?	<input type="checkbox"/>
17. Which is EASIEST FOR YOU...	To concentrate on watching something?	<input type="checkbox"/>	To concentrate on listening to something?	<input type="checkbox"/>	To do an activity for a long time?	<input type="checkbox"/>
18. If you have LEARNED TO DRIVE A MANUEL TRANSMISSION CAR...	Did you find you had to look down every time you changed gear or used the brake?	<input type="checkbox"/>	Did you find it easy to listen to the changing engine tone when changing gear, etc.?	<input type="checkbox"/>	Did you find it all quite easy?	<input type="checkbox"/>
19. If you had a choice WHICH WOULD YOU RATHER BE...	A successful artist or photographer?	<input type="checkbox"/>	A successful musician or composer?	<input type="checkbox"/>	A successful sports person, rally driver, athlete, or engineer?	<input type="checkbox"/>

Total 1: [Click here to enter text.](#) Total 2: [Click here to enter text.](#) Total 3: [Click here to enter text.](#)

Count the number of checks you have made in each column and put the total at the bottom of the column. The column(s) with the highest total(s) will tell you you're preferred learning style(s).

Column 1 = Visual      Column 2 = Auditory      Column 3 = Tactile/Kinesthetic

Visual	Auditory	Tactile/Kinesthetic
Mind sometimes strays during verbal activities	Talks to self-aloud	In motion most of the time/fidgety
Observes, rather than talks or acts, may be quiet by nature	Outgoing by nature	Outgoing by nature; or expresses emotions physically
Likes to read	Likes to be read to	Reading is not a priority
Usually a good speller	May be particular about exact choice of words	May find spelling difficult

Memorizes by creating mental images	Memorizes by steps in a sequence	Likes to solve problems by physically working through them
Thinks in pictures	Very aware of rhythm	Very good body control, good timing and reflexes
Easily put off by visual distractions	Easily distracted by noises	Is affected by touch, or lack of it
Finds verbal instructions difficult	May have difficulty with written instructions	Likes physical rewards
Remembers faces	Remembers names	Remembers what they have done rather than seen or heard
Strong on first impressions	May assess people by the sound of their voice	May assess people and situations by what "feels right"
Likes drawing and doodling, may have good handwriting	Enjoys music and sounds of words	Enjoys handling objects
Enjoys using color	Enjoys talking and listening	Enjoys doing activities
Notices details	Can remember and often mimic speech by picking up rhythm of a sentence	Likes to use gestures and to touch people while talking to them
Often a quick thinker	May need time to think (i.e. discuss it with yourself)	May need time to think (i.e. process the actions involved)
May focus on the "big picture" and use advanced planning	May assess a situation on "how it sounds" to them	Will try new things-likes to get involved