How do I learn?

Place a ✓ in all the blanks that describe you! The list with the greatest number of ✓'s is how you like to learn best.

✓ VISUAL LEARNING STYLE

1. I remember best by writing things down or drawing pictures.
2. I ask for directions to be repeated.
3. I like to read about something rather than hear about it.
4. I am a good speller.
5. I like to learn with posters, videos and pictures.
6. I am good at reading maps and graphs.
7. When someone is talking, I create pictures in my mind about what they are saying.
8. I like it when my teacher uses lots of pictures when teaching.
9. After school, I like to read books.
10. I can remember something if I picture it in my head.

_____ How many checks did you have?

✓ AUDITORY LEARNING STYLE

1. I remember best if I hear something.
2. It is easier for me to listen to a story on tape than to read it.
3. I understand better when I read out loud.
4. I follow spoken directions well.
5. I like to sing or hum to myself.
6. I like to talk to friends and family.
7. Music helps me learn things better.
8. I can easily remember what people say.
9. It helps when the teacher explains posters or pictures to me.
10. I can remember more about something new if I can talk about it.

_____ How many checks did you have?

TACTILE/KINESTHETIC LEARNING STYLE ✓

1. I remember best if I can make something that tells about what I am learning.
2. I would rather play sports than read.
3. I like playing card or board games to learn new things.
4. I like to write letters or write in a journal.
5. I like it when teachers let me practice something with an activity.
6. I like putting together puzzles.
7. If I have to solve a problem, it helps me to move while I think.
8. It is hard for me to sit for a long time.
9. I enjoy dancing or moving to music.
10. I like to act things out to show what I have learned.

_____ How many checks did you have?

Tell me…

‣ Which list had the most ✓'s?

‣ Which list had the fewest ✓'s?

‣ Did you have any lists that had the same number of ✓'s?

‣ If so, which ones?

‣ Do you think the list that had the most ✓'s tells how you like to learn best?

So what does each learning style mean?

VISUAL	AUDITORY	TACTILE/KINESTHETIC
Pictures help you learn	It helps for you to talk out loud	It helps you to use your body, hands and sense of touch to learn new things
Seeing things helps you organize your thoughts and remember things	Sound and music helps you learn	Writing, drawing and movement help you remember important things
You think in images or pictures	You learn best when you hear things more than once	You like to show what you have learned by demonstrating or making projects