**Learning Styles Inventory**

For each group of statements, check the box that best represents how you like to learn. Remember to give only one answer for each group.

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|  | (a) | I remember new things best if I write the information down. |
| (b) | I remember new things best if I hear the information. |
| (c) | I remember new things best if I can do an activity with the information. |
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|  | (a) | I prefer reading over hearing a lecture. |
|  | (b) | I prefer to hear a book on tape rather than read it. |
|  | (c) | I would rather play sports than read books. |
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|  | (a) | When I meet someone new, I am most likely to remember what he or she looked like. |
|  | (b) | When I meet someone new, I am most likely to remember what he or she discussed. |
|  | (c) | When I meet someone new, I am most likely to remember what he or she was doing. |
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|  | (a) | I use diagrams and scribbles to communicate ideas and information. |
|  | (b) | I can easily remember what people say. |
|  | (c) | I like playing card or board games to learn new things.  |
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|  | (a) | I like new information to be taught by using posters, videos and pictures. |
|  | (b) | If I have to learn something new, I learn best if someone tells me how to do it. |
|  | (c) | I learn new information best by making models, posters or doing something with the new information. |
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|  | (a) | When I take a test, I picture my notes or textbooks in my head. |
|  | (b) | When I take a test, I do better if I can tell about what I know rather than write about it. |
|  | (c) | I can demonstrate my knowledge best when I can create something that explains what I have learned.  |
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|  | (a) | I enjoy learning new ideas and information by reading about it. |
|  | (b) | I can remember more about something new if I can talk about it rather than read it.  |
|  | (c) | I learn best if I get to make something related to what I am learning. |
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|  | (a) | I learn new words and vocabulary best by looking at the words over and over. |
|  | (b) | I learn new words and vocabulary best by saying the words to myself over and over. |
|  | (c) | I learn new words and vocabulary best by writing them over and over. |
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|  | (a) | I remember new things better if I write them down. |
|  | (b) | I can remember things best by listening rather than reading. |
|  | (c) | I remember best if I can do something physical with the information. |
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|  | (a) | I like to make lists of things I need to do. |
|  | (b) | I like talking better than writing. |
|  | (c) | I like to write letters or write in a journal. |
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|  | (a) | I like teachers who illustrate concepts with lots of diagrams and pictures. |
|  | (b) | I like teachers who spend a lot of time explaining a concept. |
|  | (c) | I like teachers who let me practice the content by doing an activity. |
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|  | (a) | I my spare time, I would rather read a book. |
|  | (b) | In my spare time, I would rather watch TV or listen to music. |
|  | (c) | In my spare time, I enjoy working on jigsaw or crossword puzzles. |
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|  | (a) | I like to take notes while I study. |
|  | (b) | I like to listen to music while I study. |
|  | (c) | I like to eat while I study and take multiple breaks. |
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|  | (a) | If I have to explain how to do something, I like to draw pictures or diagrams to help my explanation. |
|  | (b) | I enjoy creating a song or using music to describe what I am learning. |
|  | (c) | I prefer to act things out, or role-play, to demonstrate how to do something. |
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|  | (a) | I can remember information from class if it is written on the board. |
|  | (b) | I can remember the jingles from TV commercials or advertisements. |
|  | (c) | If I take things apart, I remember how to put them back together again. |
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|  | (a) | I am good at reading maps and graphs. |
|  | (b) | I know most of the words to the songs I listen to. |
|  | (c) | I enjoy dancing or moving to music. |
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|  | (a) | I prefer to see a map rather than listen to someone give me directions. |
|  | (b) | I prefer for someone to give me directions verbally. |
|  | (c) | I prefer to create a map and write down the directions that people give me.  |
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|  | (a) | When others are talking, I create pictures in my mind of what they are saying. |
|  | (b) | I like to talk on the phone with my friends for long periods of time. |
|  | (c) | I am good at sports and enjoy engaging in many different activities. |
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|  | (a) | I like to read magazines that use pictures and diagrams to illustrate the information. |
|  | (b) | When I am alone, I like to sing, hum or have music playing. |
|  | (c) | It is hard for me to sit for long periods of time. |
|  |  |  |
|  | (a) | When I put something together, I always read the directions first. |
|  | (b) | I enjoy listening to information on the radio or books on tape. |
|  | (c) | If I have to solve a problem, it helps me to move while I think.  |
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**TOTALS**

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| **(A)** |  | **(B)** |  | **(C)** |  |

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| --- | --- |
| The column with my highest score was: |  |
| The column with my lowest score was: |  |
| I had two or more columns with scores within three points of one another. They were: |  |

**What It Means**

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| (a) = Visual Learner | * As a visual learner, you prefer using pictures and images to gain understanding of new ideas and information.
* You often recognize words by sight, use lists to organize your thoughts and recall information by remembering how it was set out on a page.
* You think in images or pictures. You process what you hear or read and translate that information into meaningful images for future recall.
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| (B) = Auditory Learner | * As an auditory learner, you prefer using sound and music to acquire information.
* You learn best by hearing and listening and filter incoming information through your listening and repeating skills.
* You like the teacher to provide verbal instructions and you like dialogues, discussions and plays.
* You solve problems by talking about them.
* To assist with recall, auditory learners often use rhythm and sound as memory aids.
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| (C) = Tactile/Kinesthetic | * As a tactile/kinesthetic learner, you prefer using your body, hands and sense of touch to learn new information.
* You learn best when you are actively involved in the learning process, such as with hands-on activities like projects and demonstrations.
* Writing, drawing and movement are often useful as memory aids.
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| 2 or more Similar Scores = Multi-Sensory Learner | * As a multi-sensory learner, you are comfortable using a variety of modes to acquire new information.
* Given the freedom in the learning environment, you can easily select which learning style will best enable you to process the content.
* No only do you use a variety of approaches to learn new information, you are comfortable using any of these styles—visual, auditory or tactile/kinesthetic—to explain information to others.
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