

WHAT IS YOUR LEARNING STYLE?

Take this simple inventory to verify your learning style. Use the scoring link on the last page to evaluate your responses.

	Often	Sometimes	Seldom
1. I remember best by listening to a lecture that includes information, explanations and discussion.			
2. I prefer to see information written on the board and supplemented by visual aids and assigned readings.			
3. I like to write things down or take notes for visual review.			
4. I prefer to use posters, models, or actual practice and other activities in class.			
5. I require explanations of diagrams, graphs, or visual directions.			
6. I enjoy working with my hands or making things.			
7. I am skillful with and enjoy developing and making graphs and charts.			
8. I can tell if sounds match when faced with pairs of sounds.			
9. I can remember best by writing things down several times.			
10. I can easily understand and follow directions on a map.			
11. I do best in academic subjects by listening to lectures and tapes.			
12. I play with coins or keys in my pocket.			

13. I can understand a news article better by reading about it in the newspaper than by listening to a report about it.			
14. I learn to spell better by repeating words out loud than by writing the words on paper.			
15. I chew gum, smoke or snack while studying.			
16. I think the best way to remember something is to picture it in your head.			
17. I learn the spelling of words by "finger spelling".			
18. I would rather listen to a good lecture or speech than read the same material in a textbook.			
19. I am good at working/solving jigsaw puzzles and mazes.			
20. I grip objects in my hands during learning periods.			
21. I prefer listening to the news than reading it.			
22. I prefer obtaining information about an interesting subject by reading about it.			
23. I feel very comfortable touching others, hugging, handshaking, etc.			
24. I follow oral directions better than written ones.			

Scoring Procedures

Place the point value on the line next to the corresponding item.
Add the points in each column to get a preference score. The category of highest total point value is your learning preference category.
The closer the category totals, the more integrated you are.

Often = 5 points; Sometimes = 3 points, and Seldom = 1 point.

VISUAL		AUDITORY		KINESTHETIC	
No.	Pts.	No.	Pts.	No.	Pts.
2	_____	1	_____	4	_____
3	_____	5	_____	6	_____
7	_____	8	_____	9	_____
10	_____	11	_____	12	_____
14	_____	13	_____	15	_____
16	_____	18	_____	17	_____
19	_____	21	_____	20	_____
22	_____	24	_____	23	_____
VPS:	_____	APS:	_____	KPS:	_____

VPS = Visual Preference Score
APS = Auditory Preference Score
KPS = Kinesthetic Preference Score

GOAL: TO BECOME AN INTEGRATED LEARNER. If your preference score numbers are relatively close (20-17-19, for example), you are fairly well integrated. Numbers like 26-10-27 indicate a preference for hands-on and visually presented information. This indicates that the student needs to strengthen auditory learning in order to achieve a high level of success in lecture classes.

