

# 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.

1.  (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.
2.  (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.
3.  (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.
4.  (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.
5.  (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.
6.  (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.
7.  (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.
8.  (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.
9.  (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.
10.  (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.

## Secondary Learning Style Inventory

11.        (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.
12.        (a) In 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.
13.        (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.
14.        (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.
15.        (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.
16.        (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.
17.        (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.
18.        (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.
19.        (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.
20.        (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.

### TOTALS

(A)

(B)

(C)

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

### **(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.

### **(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.

### **(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.

### **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.
- ▶ Not 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.