**What's Your Learning Style**

For these questions, choose the first answer that comes to mind and circle a, b, or c.

**Question 1**

When you study for a test, would you rather

a) read notes, read headings in a book, and look at diagrams and illustrations

b) have someone ask you questions, or repeat facts silently to yourself

c) write things out on index cards and make models or diagrams

**Question 2**

Which of these do you do when you listen to music?

a) daydream (see things that go with the music)

b) hum along

c) move with the music, tap your foot, etc.

**Question 3**

When you work at solving a problem, do you

a) make a list, organize the steps, and check them off as they are done

b) make a few phone calls and talk to friends or experts

c) make a model of the problem or walk through all the steps in your mind

**Question 4**

When you read for fun, do you prefer

a) a travel book with a lot of pictures in it

b) a mystery book with a lot of conversation in it

c) a book where you answer questions and solve problems

**Question 5**

You have just entered a science museum, what will you do first?

a) look around and find a map showing the locations of the various exhibits

b) talk to a museum guide and ask about exhibits

c) go into the first exhibit that looks interesting, and read directions later

**Question 6**

What kind of restaurant would you rather not go to?

a) one with the lights too bright

b) one with the music too loud

c) one with uncomfortable chairs

**Question 7**

Would you rather go to

a) an art class

b) a music class

c) an exercise class

**Question 8**

Which are you most likely to do when you are happy?

a) grin

b) shout with joy

c) jump for joy

**Question 9**

If you were at a party, what would you be most likely to remember the next day?

a) the faces of the people there, but not the names

b) the names but not the faces

c) the things you did and said while you were there

**Question 10**

When you see the word "d - o - g", what do you do first?

a) think of a picture of a particular dog

b) say the word "dog" to yourself silently

c) sense the feeling of being with a dog (petting it, running with it, etc.)

**Question 11**

When you tell a story, would you rather

a) write it

b) tell it out loud

c) act it out

**Question 12**

What distracts you the most when you are trying to concentrate?

a) visual distractions

b) noises

c) other sensations like, hunger, tight shoes, or worry

**Question 13**

What are you most likely to do when you are angry?

a) scowl

b) shout or "blow up"

c) stomp off and slam doors

**Question 14**

When you aren't sure how to spell a word, which of these are you most likely to do?

a) write it out to see if it looks right

b) sound it out

c) write it out to see if it feels right

**Question 15**

Which are you most likely to do when standing in a long line at the movies?

a) look at posters advertising other movies

b) talk to the person next to you

c) tap your foot or move around in some other way

To identify your learning preference, add up your a’s, b’s and c’s.

If you scored mostly a's you may have a visual learning style. You learn by seeing and looking.

**Visual Learners**

take numerous detailed notes

tend to sit in the front of a room

are usually neat and clean

often close their eyes to visualize or remember something

find something to watch if they are bored

like to see what they are learning

benefit from illustrations and presentations that use color

are attracted to written or spoken language rich in imagery

If you scored mostly b's, you may have an auditory learning style. You learn by hearing and listening.

**Auditory Learners**

sit where they can hear but don’t need to pay attention to what is happening in front

may not coordinate colors or clothes, but can explain their wardrobe choices

hum or talk to themselves or others when bored

acquire knowledge by reading aloud

remember by verbalizing lessons to themselves (e.g., talk out loud while reading maps and diagrams

If you had mostly c's, you may have a kinesthetic learning style. You learn by touching and doing.

**Kinesthetic Learners**

need to be active and take frequent breaks

speak while moving their hands and with gestures

remember what was done, but have difficulty recalling what was said or seen

find reasons to move around when bored

rely on what they can directly experience or perform

enjoy field trips and tasks that involve manipulating materials

sit near the door or someplace else where they can easily get up and move around

**Adapted from**: What’s Your Learning Style (2009). Retrieved Nov 4, 2010, from

http://people.usd.edu/~bwjames/tut/learning-style/.