

What Kind of Learner Are You?

Read each section carefully and consider if it applies to you. Respond to all questions in all sections of the questionnaire. On the line in front of each statement, indicate if the sentence:

1	2	3
Never applies to me.	Sometimes applies to me.	Often applies to me.

Visual	Auditory
1. _____ I enjoy doodling and even my notes have lots of pictures and arrows in them.	1. _____ My written work doesn't look neat to me. My papers have crossed-out words and erasures.
2. _____ I remember something better if I write it down.	2. _____ It helps to use my finger as a pointer when reading to keep my place.
3. _____ I get lost or am late if someone <i>tells</i> me how to get to a new place and I don't write down the directions.	3. _____ Papers with very small print or blotchy dittos or poor copies are tough on me.
4. _____ When trying to remember someone's telephone number, or something new like that, it helps me to get a picture of it in my mind.	4. _____ I understand how to do something if someone tells me rather than having to read the same thing to myself.
5. _____ If I am taking a test, I can "see" the textbook page where the answer is.	5. _____ I remember things that I hear, rather than things that I see or read.
6. _____ It helps me to <i>look</i> at the person while listening. It keeps me focused.	6. _____ Writing is tiring. I press down too hard with my pen or pencil.
7. _____ I had speech therapy.	7. _____ My eyes get tired fast, even though the eye doctor says my eyes are okay.
8. _____ It's hard for me to understand what a person is saying when there are people talking or music playing.	8. _____ When I read, I mix up words that look alike, such as "them" and "then" and "bad" and "dad."
9. _____ It's hard for me to understand a joke when someone tells me.	9. _____ It's hard for me to read other people's handwriting.
10. _____ It is better for me to get work done in a quiet place.	10. _____ If I had the choice to learn new information via lecture or textbook, I would choose to hear it rather than read it.
Visual Total _____	Auditory Total _____

1	2	3
Never applies to me.	Sometimes applies to me.	Often applies to me.

Kinesthetic

- _____ I don't like to read directions. I'd rather just start doing.
- _____ I learn best when I am shown how to do something and I have the opportunity to do it.
- _____ Studying at a desk is not for me.
- _____ I tend to solve problems through a more trial-and-error approach, rather than from a step-by-step method.
- _____ Before I follow directions, it helps me to see someone else do it first.
- _____ I find myself needing frequent breaks while studying.
- _____ I am not skilled in giving verbal explanations or directions.
- _____ I do not become easily lost, even in strange surroundings.
- _____ I think better when I have the freedom to move around.
- _____ When I can't think of a specific word, I'll use my hands a lot and call something a "what-cha-ma-call-it" or a "thing-a-ma-jig."

Kinesthetic Total _____

VISUAL	_____ %	AUDITORY	_____ %	KINESTHETIC	_____ %
You learn by seeing and looking.		You learn by hearing and listening.		You learn by touching and doing.	
If you are a visual learner, you understand and remember things by sight. You can picture what you are learning in your head and you learn best where you see what you are learning.		You understand and remember things you have heard. You store information by the way it sounds, and you have an easier time understanding spoken instructions rather than written ones. You often learn by reading out loud because you have to hear it or speak it in order to know it.		You are a "hands-on" learner who prefers to touch, move, build or draw what you learn, and you tend to learn better when some sort of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands, and you may have difficulty sitting still.	
As a visual learner, you are usually neat and clean. You often close your eyes to visualize or remember something and you will find something to watch if you become bored. You have difficulty with spoken directions and may be easily distracted by sounds. You are attracted to color.		As an auditory learner, you probably hum or talk to yourself or others if you become bored. People may think you are not paying attention, even though you may be hearing and understanding everything being said.		As a tactile learner, you may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process. You often communicate by touching.	

Learning/Studying Suggestions Based on Your Learning Style

VISUAL

- Use visual materials such as pictures, charts, maps, graphs, etc.
- Have a clear view of your teachers when they are speaking so you can see their body language and facial expression.
- Use color to highlight important points in text.
- Take notes or ask your teacher to provide handouts.
- Illustrate your ideas as a picture or brainstorming bubble before writing them down.
- Write a story and illustrate it.
- Use multi-media (ex. computers, videos, etc.)
- Study in a quiet place away from verbal disturbances.
- Read illustrated books.
- Visualize information as a picture to aid memorization.
- Organize work and living space to avoid distractions.
- Sit in the front of the room to avoid distraction and away from doors or windows where action takes place. Sit away from wall maps or bulletin boards.
- Use neatly organized or typed material.
- Use visual association, visual imagery, written repetition, flash cards, and clustering strategies for improved memory.
- Use note pads, Post-It notes, to-do lists, and other forms of reminders.
- Use organizational formats like outlining for recording notes.
- Use organizational aids like webs or charts.
- Allow enough time for planning and recording thoughts when doing problem-solving tasks.
- Use test preparation strategies that emphasize organization of information and visual recall.
- Participate actively in class or group activities.
- Develop written or picture outlines of responses before answering essay questions.

KINESTHETIC

- Take frequent study breaks.
- Move around to learn new things (ex. read while on an exercise bike).
- Work at a standing position.
- Chew gum while studying.
- Use bright colors to highlight reading material.
- Dress up your work space with posters.
- If you wish, listen to music while you study.
- Skim through reading material to get a rough idea what it is about before settling down to read it in detail.
- Actively participate in discussions.
- Use direct involvement, physical manipulation, imagery, and “hands-on” activities to improve motivation, interest, and memory.
- Organize information into the steps that were used to physically complete a task.
- Allow for physical action in solving problems.
- Read or summarize directions, especially if they are lengthy and complicated, to discourage starting a task without instructions.
- Use taped reading materials.
- Use practice, play acting, and modeling to prepare for tests.
- Allow for physical movement and periodic breaks during tests, while reading, or while composing written assignments.

AUDITORY

- Participate in class discussions/debates.
- Make speeches and presentations.
- Use a tape recorder during lectures instead of taking notes.
- Read text out loud.
- Create musical jingles to aid memorization.
- Create mnemonics to aid memorization.
- Discuss your ideas verbally.
- Dictate to someone while they write down your thoughts.
- Use verbal analogies and storytelling to demonstrate your point.
- Work in quiet areas to reduce distractions; avoiding areas with conversations, music, and/or television.
- Sit away from doors or windows where noises may enter the classroom.
- Rehearse information orally.
- Use mnemonics, rhymes, jingles, and auditory repetition to improve memory.
- Examine illustrations in textbooks and convert them into verbal descriptions.
- Use test preparation strategies that emphasize auditory processing of information.
- Read the directions for tests or assignments aloud, or have someone read them to you, especially if the directions are long and complicated.
- Remind yourself to review details.
- Use time managers and translate written appointment reminders into verbal cues.
- Use verbal brainstorming, tape recording, and verbal strategies for writing and proofing.