

LEARNING STYLE PREFERENCE ASSESSMENT

After reading through all of the choices, circle the best answer for you. The key to answering the questions is to select answers or choices that are most natural or comfortable, not forced. Be honest! If you feel there is more than one answer that is equally true for you, circle that answer also. There may be two, three, or even four answers that you feel are equally true.

1. When you meet a new person what do you first notice about him or her?
 - a.what he or she looks like and how he or she dresses
 - b.how the person talks, what he or she says, or his or her voice
 - c.how you feel about the person
 - d.how the person acts or what he or she does

2. Days after you meet a new person, what do you remember about that person?
 - a.the person's face
 - b.the person's name
 - c.how you felt being with the person even though you may have forgotten the name or face
 - d.what you and the person did together even though you may have forgotten the name or face

3. When you enter a new room, what do you notice the most?
 - a.how the room looks
 - b.the sounds or discussion in the room
 - c.how comfortable you feel emotionally or physically in the room
 - d.what activities are going on and what you can do in the room

4. When you learn something new, which way do you need to learn it?
 - a.A teacher gives you something to read on paper or on the board and shows you books, pictures, charts, maps, graphs, or objects, but there is no talking, discussing, or writing.
 - b.The teacher explains everything by talking or lecturing and allows you to discuss the topic and ask questions, but does not give you anything to look at, read, write, or do.
 - c.The teacher lets you write or draw the information, touch hands-on materials, type on a keyboard, or make something with your hands.
 - d.The teacher allows you to get up to do projects, simulations, experiments, play games, role-play, act out real-life situations, explore, make discoveries, or do activities that allow you to move around to learn.

5. When you teach something to others, which of the following do you do?
 - a.You give them something to look at like an object, picture or chart, with little or no verbal explanation or discussion.
 - b.You explain it by talking, but do not give them any visual materials.
 - c.You draw or write it out for them or use your hands to explain.
 - d.You demonstrate by doing it and having them do it with you.

6. What type of books do you prefer to read?
 - a. books that contain descriptions to help you see what is happening
 - b. books containing factual information, history, or a lot of dialogue
 - c. books about characters' feelings and emotions, self-help books, books about emotions and relationships, or books on improving your mind or body
 - d. short books with a lot of action, or books that help you excel at a sport, hobby, or talent

7. Which of the following activities would you prefer to do in your free time?
 - a. read a book or look at a magazine
 - b. listen to an audio-taped book, a radio talk show, or listen or perform music
 - c. write, draw, type, or make something with your hands
 - d. do sports, build something, or play a game using body movement

8. Which of the following describes how you can read or study best?
 - a. You can study with music, noise, or talking going on because you tune it out.
 - b. You cannot study with music, noise, or talking going on because you cannot tune it out.
 - c. You need to be comfortable, stretched out, and can work with or without music, but negative feelings of others distracts you.
 - d. You need to be comfortable, stretched out, and can work with or without music, but activity or movement in the room distracts you.

9. When you talk with someone, which way do your eyes move? (You can ask someone to observe you to help answer this question.)
 - a. You need to look directly at the face of the person who is talking to you, and you need that person to look at your face when you talk.
 - b. You look at the person for only a short time, and then move your eyes from side to side, left and right.
 - c. You only look at the person for a short time to see his or her expression, then you look down or away.
 - d. You seldom look at the person and mostly look down or away, but if there is movement or activity, you look in the direction of the activity.

10. Which of the following describes you best?
 - a. You notice colors, shapes, designs, and patterns wherever you go and have a good eye for color and design.
 - b. You cannot stand silence, and when it is too quiet in a place you hum, sing, talk aloud, or turn on the radio, television, audiotapes, or CD's to keep an auditory stimulus in the environment.
 - c. You are sensitive to people's feelings, your own feelings get hurt easily, you cannot concentrate when others do not like you, and you need to feel loved and accepted in order to work.
 - d. You have a hard time sitting still in your seat and need to move a lot, and if you do have to sit you will slouch, shift around, tap your feet, or kick or wiggle your legs a lot.

11. Which of the following describes you the best?
 - a. You notice when people's clothes do not match or when their hair is out of place and often want them to fix it.
 - b. You are bothered when someone does not speak well and are sensitive to the sounds of dripping faucets or equipment noise.
 - c. You cry at the sad parts of movies or books.
 - d. You are restless and uncomfortable when forced to sit still and cannot stay in one place too long.

12. What bothers you the most?
 - a. a messy, disorganized place
 - b. a place that is too quiet
 - c. a place that is not comfortable physically or emotionally
 - d. a place where there is no activity allowed or no room to move

13. What bothers you the most when someone is teaching you?
 - a. listening to a lecture without any visuals to look at
 - b. having to read silently with no verbal explanation or discussion
 - c. not being allowed to draw, doodle, touch anything with your hands, or take written notes, even if you will never look at your notes again
 - d. having to look and listen without being allowed to move

14. Think back to a happy memory from your life. Take a moment to remember as much as you can about the incident. After reliving it, what memories stand out in your mind?
 - a. what you saw, such as visual descriptions of people, places, and things
 - b. what you heard, such as dialogue and conversation, what you said, and the sounds around you
 - c. sensation on your skin and body and how you felt physically and emotionally
 - d. what actions and activities you did, the movements of your body, and your performance

15. Recall a vacation or trip you took. For a few moments remember as much as you can about the experience. After reliving the incident, what memories stand out in your mind?
 - a. what you saw, such as visual descriptions of people, places, and things
 - b. what you heard, such as dialogue and conversation, what you said, and the sounds around you
 - c. sensation on your skin and body and how you felt physically and emotionally
 - d. what actions and activities you did, the movements of your body, and your performance

16. Pretend you have to spend all of your time in one of the following places where different activities are going on. In which one would you feel the most comfortable?
- a. a place where you can read; look at pictures, artwork, maps, charts, and photographs; do visual puzzles such as mazes, or find the missing portion of a picture; play word games such as Scrabble or Boggle; do interior decorating, or get dressed up
 - b. a place where you can listen to audio-taped stories, music, radio or television talk shows or news; play an instrument or sing; play word games out loud, debate, or pretend to be a disc jockey; read aloud or recite speeches or parts from a play or movie, or read poetry or stories aloud
 - c. a place where you can draw, paint, sculpt, or make crafts; do creative writing or type on a computer; do activities that involve your hands, such as playing an instrument, games such as chess, checkers, or board games, or build models
 - d. a place where you can do sports, play ball or action games that involve moving your body, or act out parts in a play or show; do projects where you can get up and move around; do experiments or explore and discover new things; build things or put together mechanical things; or participate in competitive team activities
17. If you had to remember a new word, would you remember it best by:
- a. seeing it
 - b. hearing it
 - c. writing it
 - d. mentally or physically acting out the word

SCORING INSTRUCTIONS

Add up all the answers marked a and write the total: _____

Add up all the answers marked b and write the total: _____

Add up all the answers marked c and write the total: _____

Add up all the answers marked d and write the total: _____

My preferred learning style is _____.