

# Learning Styles Assessment

To better understand your preferences as a learner, please read each statement below and place a check on the appropriate line after it. When you've finished rating the statements, score your responses on the attached scoring sheet.

	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>
1. I'm likely to understand and remember things that I hear.	_____	_____	_____
2. I enjoy classroom activities where I can participate, like labs.	_____	_____	_____
3. My notes have lots of pictures, arrows, or other symbols in them.	_____	_____	_____
4. I understand and follow directions on maps.	_____	_____	_____
5. I enjoy working with my hands.	_____	_____	_____
6. Before beginning an unfamiliar task, I prefer to see someone do it first.	_____	_____	_____
7. I often need verbal explanations of graphs and diagrams to understand them.	_____	_____	_____
8. I can 'picture' the correct answer from my notes while taking a test.	_____	_____	_____
9. I prefer that professors write information on the board during lecture.	_____	_____	_____
10. I think better when I have the freedom to move around.	_____	_____	_____
11. When performing an unfamiliar task, I prefer to have someone talk me through it.	_____	_____	_____
12. I remember material better when I summarize it out loud.	_____	_____	_____
13. I make 'pictures' like graphs & charts to help me better understand concepts.	_____	_____	_____
14. It is difficult for me to study in a noisy area.	_____	_____	_____
15. I prefer to listen to a speech than to read about the same material.	_____	_____	_____
16. When learning something, I often ignore the directions and just start doing it.	_____	_____	_____
17. If I sat near a window in class, I would probably be distracted by it.	_____	_____	_____
18. I often tap my foot or pencil when thinking.	_____	_____	_____
19. When I'm trying to explain something to someone else I use my hands a lot.	_____	_____	_____
20. I remember more about a subject by listening to a lecture than by reading a text.	_____	_____	_____
21. I get restless when I am required to sit still for an extended period of time.	_____	_____	_____



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Scoring:

Agree = 5 points

Neutral = 3 points

Disagree = 1 point

Visual	Auditory	Kinesthetic
3. _____	1. _____	2. _____
4. _____	7. _____	5. _____
6. _____	11. _____	10. _____
8. _____	12. _____	16. _____
9. _____	14. _____	18. _____
13. _____	15. _____	19. _____
17. _____	20. _____	21. _____
_____	_____	_____
Total	Total	Total

- Visual learners prefer to learn by *seeing* graphs or text.
- Auditory learners prefer to learn by *hearing* or *speaking*.
- Kinesthetic learners prefer to learn by *doing, touching, or moving*.
- Learning Preferences are just that-*Preferences*. Everyone learns using some combination of ALL of these ways!