



# Learning Styles Assessment

*Directions: You may PRINT and complete this document.*

The human body combines information that it gets from the senses to build a complete picture of the world around it. Different people will use information from some senses more than others, leading to different "learning styles."

The three major learning styles are:

- K/T - kinesthetic or tactual
- A - auditory
- V - visual

All learners use all three of these styles, but most of us have **an emphasis on one or two** of them. In order to determine your own learning styles, take the following assessment.

Circle the letter next to the answers that **most** apply to you. It is okay to choose more than one.

1. When you read, do you...
  - A. use your finger to follow the text?
  - B. read silently without using your finger to follow the text?
  - C. read aloud or mouth the words silently?
  
1. Your coach is trying to teach you something new. Do you prefer that he/she...
  - A. insist that you do it yourself?
  - B. show you how to do it?
  - C. tell you how to do it?
  
2. If you get a new game or gadget, do you...
  - A. pick it up and start playing?
  - B. read the directions first?
  - C. ask someone how to use it?
  
3. In school do / did you...
  - A. frequently fidget, get up, or change position?
  - B. draw or doodle while listening?
  - C. listen attentively?
  
4. When trying to focus, this irritates you...
  - A. physical discomfort when sitting or standing.
  - B. poor or flickering lighting, unattractive or jarring colors.



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- C. distracting noise, static, or music.
5. You are in a group faced with a challenge. You have to build a stable tower of blocks higher than another group's. What do you do first?
- A. start building?
  - B. picture the possible towers in your mind?
  - C. talk with the group about possible towers?
6. Would you rather..
- A. play a video or computer game?
  - B. watch a movie?
  - C. listen to the radio or CDs?
7. When you were a child, did you...
- A. play games or sports; build with toys; climb, hike, or explore?
  - B. draw, color, paint, or write?
  - C. play, listen or dance to music; sing songs; listen to the radio?
8. Do you own or spend money on...
- A. sporting and hobby (fishing, model-making, sewing) equipment?
  - B. artwork, art materials, scrapbooks, journals, diaries, movies, photos or film?
  - C. recorded music, instruments, concert tickets, speakers or headphones?
9. Growing up were you most likely to get in trouble for..
- A. Roughhousing?
  - B. Graffiti?
  - C. Shouting or talking too much?
10. Your school is putting on a musical production and everyone has to help. Would you rather..
- A. take a dancing part?
  - B. paint, design sets, or costumes?
  - C. take a singing part?
11. You are playing a competitive game and you are feeling low on energy. You need something to help you "pick it up." Do you...
- A. clap your hands hard, smack your thigh, stretch or bend?



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- B. picture yourself feeling light and speedy and making a great play?
  - C. say, "Come on!" Let's go!"?
12. What was your preferred "extracurricular" subject of those listed below...
- A. gym?
  - B. art?
  - C. music?
13. Do you own or spend money on...
- A. sporting and hobby (fishing, model-making, sewing) equipment?
  - B. artwork, art materials, scrapbooks, journals, diaries, movies, photos or film?
  - C. recorded music, instruments, concert tickets, speakers or headphones?
14. When completing a math problem without a calculator or paper handy do you...
- A. Use your fingers/hands to count portions of problem?
  - B. Picture the solution in your head?
  - C. Talk through the solution out loud?

## Tallying Your Scores

Go back and count the total number of times you marked A, B, and C, respectively. Write the totals below.

**Total A:** \_\_\_\_\_ **Total B:** \_\_\_\_\_ **Total C:** \_\_\_\_\_

Note the category in which you scored the highest. Read the following paragraphs to find out which learning style applies to you.



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## Your Learning Styles

This section describes your learning styles based on your overall score as well as providing guidelines on way to work with learners who prefer each style.

### Kinesthetic or Tactual Learners

If you have a high total number of "A" responses, you are a strong kinesthetic or tactual learner. You are a person who learns best by **doing**. You will not want to waste a lot of time talking about something before doing it. You will be most irritated or distracted by being forced to sit still for long periods of time.

#### Working with K/T Learners

If you have students who frequently fidget or reposition their bodies...this may be a sign that they are strongly K/T learners. Sometimes simply allowing these students to move while studying; as in walking around, standing up or swinging their legs while working, will allow them to more readily absorb information. As long as they aren't detracting from other learners' experiences, keep this in mind. **SITTING STILL IS NOT ALWAYS THE BEST THING FOR A LEARNER.**

When working with kinesthetic or tactual learners, do the following:

- Encourage them to try the task, working through it by doing.
- Allow them frequent opportunities to get up and move (some teachers allow students to stand or walk around when they need to so long as they don't disturb the class)
- Show the form of the task using the person's body, for example:
  - Use your hand to help the student form letters when writing.
  - Set people up to "demo" the task (like a laboratory)
- Encourage the person to close his/her eyes and "feel" the task in their body.
- Encourage them with high fives.
- Try to build activities with MOVEMENT into your lessons to reach these learners. Allow students to answer questions by STANDING or SITTING. Have them circle the room and walk while discussing topics. Have them build 3-dimensional objects or projects. Engage the body in the learning process.

### Visual Learners

If you have a high total number of "B" responses, you are a strong visual learner. You are a person who learns best by **seeing** a picture or image of something. You will want someone to show you how to do something first before trying it yourself. You will be most irritated or distracted by images or visual settings that you find unattractive or jarring.



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## Working with V Learners

These students may become bored with lessons that are very heavily verbal or spoken. They prefer images, pictures, and demonstrations to enliven the lesson.

When working with visual learners, do the following:

- Show them how to perform the task.
- Use images to teach for example:
  - Movies/Computers
  - Drawings
- Encourage the person to close his/her eyes and “picture” the concept.
- Encourage them with smiles and positive body language.
- Try to build activities with VISUALS into your lessons to reach these learners. Have learners create posters, puzzles, collages or educational items which will be posted on the wall or board in the room. (For example, if learning vocabulary have them draw the word and an accompanying picture to post for the week as a reminder of the use of the word.) Use COLOR as a way to illustrate concepts or organize your thoughts throughout the lesson.

## Auditory Learners

If you have a high total number of “C” responses, you are a strong auditory learner. You learn best by having someone **tell** you how to do something or describe a concept verbally. You will want someone to **explain** how to do something first before doing it. You will be most irritated or distracted by being expected to tackle something new without discussing it first.

## Working with A Learners

Typically school already incorporates a LOT of auditory learning...verbal discussion and question and answer. Often your Auditory learners are “good students” in that they like to answer questions and interact with the teacher or others. They may also be guilty of “talking too much” in class as that is how they process information.

When working with auditory learners, do the following:

- Describe the concept, using descriptive detail.
- Use discussion to create deeper understanding, ask them to describe the concept.
- Allow them to listen to music while learning the task.
- Encourage them to use affirmations.
- Encourage them verbally with specific praise.



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## Applying Learning Styles

When trying to teach others something new, we have a tendency to teach using our own learning styles. For example, if you are a visual person, you **show** someone how to do things, rather than tell them or ask them to try it themselves. However, if you are working with an auditory learner and you are **showing** them how to do something, you are not utilizing their learning style, and that will hamper their learning process.

This means that in order to be a good teacher, you must move out of your own comfort range to meet the needs of your students. The easiest way to make sure that you are meeting the needs of others is to use a mix of all three learning styles when instructing.

That means that you:

- **show** a person how to do something/a new concept
- **tell** a person how to do something/a new concept
- ask the person to **do** or **try** something/a new concept

It also means that you use all three learning styles in order to give feedback.