

LEARNING STYLES INVENTORY

After you have read all the statements and checked the ones that apply to you, count up the number of ✓'s in each group and write the number in the space provided. The groups with the most checks represent YOUR LEARNING STYLE.

Group 1 READING (Visual)

- ___ 1. I like to read when I have free time.
- ___ 2. I like to read a report rather than be told what's in it.
- ___ 3. I understand something best when I read it.
- ___ 4. I remember what I read better than I remember what I hear.
- ___ 5. I would rather read a newspaper than watch the news on TV.

___ **Total number of check marks in Group 1**

Group 2 WRITING (Visual/Tactile)

- ___ 1. I take notes when I read to better understand the material.
- ___ 2. I take lecture notes to help me remember the material.
- ___ 3. I like to recopy my lecture notes as a way of better understanding the material.
- ___ 4. I make fewer mistakes when I write than when I speak.
- ___ 5. I find the best way to keep track of my schedule is to write it down.

___ **Total number of check marks in Group 2**

Group 3 LISTENING (Auditory)

- ___ 1. I like to listen to people discuss things.
- ___ 2. I learn more when I watch the news than when I read about it.
- ___ 3. I usually remember what I hear.
- ___ 4. I would rather watch a TV show or movie based on a book than read the book itself.
- ___ 5. I learn better by listening to a lecture than by taking notes from a textbook on the same subject.

___ **Total number of check marks in Group 3**

Group 4 SPEAKING (Auditory)

- ___ 1. I remember things better when I say them out loud.
- ___ 2. I talk to myself when I try to solve problems.
- ___ 3. I communicate better on the telephone than I do in writing.
- ___ 4. I learn best when I study with other people.
- ___ 5. I understand material better when I read it out loud.

___ **Total number of check marks in Group 4**

Group 5 VISUALIZING

- ___ 1. I can "see" words in my mind's eye when I need to spell them.
- ___ 2. I picture what I read.
- ___ 3. I can remember something by "seeing" it in my mind.
- ___ 4. I remember what the pages look like in books I've read.
- ___ 5. I remember people's faces better than I remember their names.

___ **Total number of check marks in Group 5**

Group 6 MANIPULATING (Tactile)

- ___ 1. I like to make models of things.
- ___ 2. I would rather do experiments than read about them.
- ___ 3. I learn better by handling objects.
- ___ 4. I find it hard to sit still when I study.
- ___ 5. I pace and move around a lot when I'm trying to think through a problem.

___ **Total number of check marks in Group 6**

MAKING YOUR LEARNING STYLE WORK FOR YOU!

It is important to identify your learning style. Once you have figured out the way you learn, you will need to use specific strategies to fit into your way of learning. For example, if you are a visual learner, you could use a highlighter when reading a text book. The bright color would appeal to your artistic sense and help you concentrate on the reading. Here are some more practical suggestions pertaining to each learning style:

VISUAL LEARNERS:

- 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 (e.g. computers, videos, and filmstrips).
- Study in a quiet place away from verbal disturbances.
- Read Illustrated books.
- Visualize information as a picture to aid memorization.

AUDITORY LEARNERS:

- Participate in class discussions/debates.
- Make speeches and presentations.
- Use a tape recorder during lectures instead of taking notes.
- Read text out aloud.
- 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 story telling to demonstrate your point.

TACTILE/KINESTHETIC LEARNERS:

- Take frequent study breaks.
- Move around to learn new things (e.g. read while on an exercise bike, mold a piece of clay to learn a new concept).
- 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.
- Writing.

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