

What's Your Style?

Take This Free Survey & Discover Your Learning Style Preferences!

1. I sometimes start doing things without paying attention to the instructions.
2. I like to have music or the television on while I study.
3. When I listen, I imagine seeing pictures, numbers, or words in my head.
4. I feel nervous when I sit too long.
5. I can easily remember jokes that I hear.
6. I understand teachers better if they write on the board while they talk.
7. I need to take breaks a lot when I study.
8. On the telephone, I recognize who people are by just the sound of their voice.
9. I understand people better when I look at them while they are talking.
10. I usually like to eat, hold a toy, or doodle while I read or study.
11. I like to listen to people even when I can't see them.
12. Charts, diagrams, and maps help me understand information.
13. I seem to think better when I move around or fidget.
14. I like being told the instructions to something out loud.
15. I like to use highlighters or underline words as I read.
16. I play with or bite my pens or pencils while the teacher talks.
17. I like to study by discussing the materials with others.
18. I usually remember something better if I write it down.
19. If I had the choice between sitting or standing, I'd rather stand.
20. I like to listen to stories being read or books on tape.
21. When starting a task, I like to look at the written directions.

Adapted from the University of MN Learning Style Survey for Young Learners by Andrew Cohen/Rebecca Oxford

Place a ✓ mark in the blank if that numbered statement sounds a lot like you.
 (Note: numbers go across and then down.)

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

Kinesthetic Learners:

- ✓ Learn best while doing or being active with something.
- ✓ Like to move and fidget.
- ✓ Do not enjoy watching presentations.
- ✓ Do not enjoy listening to presentations.
- ✓ Touch, manipulate, and try things.
- ✓ Use gestures when speaking.
- ✓ Enjoy moving to music.

Auditory Learners:

- ✓ Absorb information from spoken words.
- ✓ Enjoy dialogue, plays, and drama.
- ✓ Like to hum.
- ✓ Talk to self and others to process new information
- ✓ Learn concepts by listening
- ✓ Read by using a phonetic approach

Visual Learners:

- ✓ Remember best what they see.
- ✓ Gather information from diagrams, pictures, charts, time lines, films, etc.
- ✓ Enjoy watching demonstrations.
- ✓ Visualize things.
- ✓ Do not talk at length.
- ✓ Get impatient listening for long periods.
- ✓ Prefer visual arts and media.
- ✓ Read using whole-word recognition.

Practice using all styles to become an even stronger learner. Find out how at www.optimisticoutcomes.com