

## Figuring Out Your Learning Style

The three most common learning styles are visual, auditory, and kinesthetic. To learn, we depend on our senses to process the information around us. Most people tend to use one of their senses more than the others.

Below, there is a series of questions that are related to the three main learning styles. Read the question and select the answer that closest fits your answer. Don't think about the questions too much. Go with your first choice.

After you answer each of these questions, see how many of your answers are in each column. The column with the most answers is your primary learning style. Sometimes people have two that all have about the same number of choices. Some people depend on two or more types of learning styles.

It is not unusual to use different learning styles for different tasks. That's why people can respond so differently to the same thing.

<i><b>Visual</b></i>	<i><b>Auditory</b></i>	<i><b>Tactile/ Kinesthetic</b></i>
<b>When you study for a test, would you rather:</b>		
read notes, read headings in a book, and look at diagrams and illustrations.	have someone ask you questions, or repeat facts silently to yourself.	write things out on index cards and make models or diagrams.
<b>When you listen to music, you:</b>		
daydream (see things that go with the music)	hum along	move with the music, tap your foot, etc
<b>When you are happy, you are most likely to:</b>		
grin	shout with joy	jump for joy
<b>When you tell a story, would you rather:</b>		
write it	tell it out loud	act it out
<b>When you are trying to concentrate, you will be most distracted by:</b>		
a messy room	noises	other sensations like, hunger, tight shoes, or worry

**When you are angry, you are most likely to:**

scowl	shout or "blow up"	stomp off and slam doors
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**When you aren't sure how to spell a word, you will probably:**

write it out to see if it looks right	sound it out	write it out to see if it feels right
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**When standing in a long line at the movies, you would:**

look at posters advertising other movies	talk to the person next to you	tap your foot or move around in some other way
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**When you read, you:**

like descriptive scenes and pause to imagine the action	hear the characters talk in your head	prefer lots of action
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**You like websites that have:**

audio channels for music, chat and discussion.	interesting design and visual effects.	things I can click on and do.
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**You are going to make something special for your family. You would:**

look for ideas and plans in books and magazines.	talk it over with my friends	make something you have made before
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**Remember when you learned how to play a new computer or board game. You learned best by:**

clues from the diagrams in the instruction	listening to somebody explaining it and asking questions	watching others do it first
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**After reading a play you need to do a project. You would prefer to:**

draw or sketch something that happened in the play	read a speech from the play	act out a scene from the play
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**You need to give directions to go to a house nearby. I would:**

draw a map on a piece of paper  
or get a map online

tell them the directions

walk with them

**A new movie has arrived in town. What would most influence your decision to go (or not go)?**

you see a preview of it

you hear friends talking about it

it is similar to others you have liked

**When choosing a book from the library, you would check out a book because:**

the cover looks interesting

a friend talks about it and recommends it

it has real-life stories, experiences and examples