

Basic Learning Styles Assessment

When you are learning something new, how do you learn best?

Put a number beside each letter, use each number only

once per question. 3 = Most like you

2 = Sometimes

1 = Least like you

1. I learn best when I
 - (a) _____ watch someone.
 - (b) _____ listen to someone.
 - (c) _____ try a new thing myself.
2. When I want to spell a word, I
 - (a) _____ can see it in my mind's eye
 - (b) _____ spell it out loud so I can hear it.
 - (c) _____ write the word to feel it.
3. I remember lists best when I
 - (a) _____ write them down.
 - (b) _____ say them over and over to myself.
 - (c) _____ touch my fingers as I name each item.
4. I prefer teachers who teach new concepts by:
 - (a) _____ writing on the board.
 - (b) _____ talking.
 - (c) _____ using exercises that get me doing something.
5. When solving a problem, I
 - (a) _____ look back over my notes.
 - (b) _____ talk myself through it.
 - (c) _____ write or draw diagrams.
6. When I am waiting, I
 - (a) _____ look around or read.
 - (b) _____ talk or listen to others.
 - (c) _____ touch things or move around.
7. When someone tells me a story, I
 - (a) _____ like to see it in my mind.
 - (b) _____ like to listen to the story or talk about it.
 - (c) _____ get bored if the story is too long and detailed.
8. When someone asks me for directions (for example, how to get somewhere), I
 - (a) _____ see the directions in my mind as I say them.
 - (b) _____ listen to my own directions so that I know they are correct.
 - (c) _____ point my finger as I talk.
9. When I am concentrating, it distracts me most when
 - (a) _____ the room is messy.
 - (b) _____ the room is noisy.
 - (c) _____ I have to sit still for too long.

Visual (a) _____

Auditory (b) _____

Kinesthetic (c) _____