

## What Is My Learning Style?

People learn in different ways. This assessment may help you understand your learning in different types of classes.

**Score each item and then total each column.**

**1 – Seldom or Never**

**2 – Sometimes**

**3 - Often**

- \_\_\_\_\_ I remember better if I write it down.
- \_\_\_\_\_ Looking at a person helps keep me focused.
- \_\_\_\_\_ I need a quiet place to get my work done.
- \_\_\_\_\_ When I take a test, I can see the textbook in my head.
- \_\_\_\_\_ Music or background noise distracts my attention.
- \_\_\_\_\_ I doodle in the margins of my notebook.
- \_\_\_\_\_ I have trouble following lectures.
- \_\_\_\_\_ I react very strongly to colors.

A

Total

- \_\_\_\_\_ My papers and notebooks always seem messy.
- \_\_\_\_\_ I do not follow written directions well.
- \_\_\_\_\_ If I hear something, I will remember it.
- \_\_\_\_\_ Writing is difficult for me.
- \_\_\_\_\_ I often misread words from the text.
- \_\_\_\_\_ I would rather listen and learn than read and learn.
- \_\_\_\_\_ Pages with small print are difficult for me to read.
- \_\_\_\_\_ My eyes tire quickly, even though my vision check-up is ok.

B

Total

- \_\_\_\_\_ I start a project before reading the directions.
- \_\_\_\_\_ I hate to sit at a desk for long periods of time.
- \_\_\_\_\_ I prefer to see something done and then do it myself.
- \_\_\_\_\_ I use the trial and error approach to problem solving.
- \_\_\_\_\_ I like to read my textbook while riding an exercise bike.
- \_\_\_\_\_ I take frequent study breaks.
- \_\_\_\_\_ I have a difficult time giving step-by-step directions.
- \_\_\_\_\_ I enjoy sports and do well at several types of sports.

C

Total

If **A** is your highest score, you may be a **Visual Learner**

If **B** is your highest score, you may be an **Auditory Learner**

If **C** is your highest score, you may be a **Kinesthetic/Tactile Learner**

A score of 18 or more indicates a strength in that area. The Learning Style with the highest score indicates the most efficient method of information intake for you.

**My preferred Learning Style is:**

<b>What does this mean?</b>		
<p><b>Visual Learning Characteristics</b></p> <ul style="list-style-type: none"><li>likes to read</li><li>usually a good speller</li><li>memorizes by seeing graphics or pictures</li><li>finds verbal instruction difficult</li><li>remembers faces</li><li>doodles</li><li>notices details</li></ul> <p><b>I might like these occupations:</b></p> <ul style="list-style-type: none"><li>Graphic Designer</li><li>Architect</li><li>Navigator</li><li>Mechanic</li><li>Surgeon</li><li>Webmaster</li></ul>	<p><b>Auditory Learning Characteristics</b></p> <ul style="list-style-type: none"><li>enjoys talking</li><li>easily distracted</li><li>has difficulty with written directions</li><li>enjoys music</li><li>distracted by noise</li><li>outgoing by nature</li><li>likes to listen to other readers</li></ul> <p><b>I might like these occupations:</b></p> <ul style="list-style-type: none"><li>Translator</li><li>Teacher</li><li>Counselor</li><li>Salesperson</li><li>Musician</li><li>Psychologist</li></ul>	<p><b>Kinesthetic Learning Characteristics</b></p> <ul style="list-style-type: none"><li>enjoys doing activities</li><li>taps pencil or foot when studying</li><li>will try new things</li><li>uses hands while talking</li><li>reading not a priority</li><li>outgoing by nature; expresses emotions</li><li>spelling may be difficult</li></ul> <p><b>I might like these occupations:</b></p> <ul style="list-style-type: none"><li>Athlete</li><li>Firefighter</li><li>Dancer</li><li>Actor</li><li>Sculptor</li><li>Construction</li></ul>

Adapted from the Delaware Career Compass