

Learning Style

A person's *learning style* results from the fact that people often develop habitual learning strategies which fit with their primary representational systems. That is, people with well developed visual abilities focus on visual learning strategies (and excel in areas where visualizing is important), individuals with well developed verbal skills rely more upon auditory learning strategies, people who are heavily in touch with their bodies and feelings develop more kinesthetic learning strategies, and so on.

Visual learners tend to learn by watching or reading. A person with an *auditory* learning style, on the other hand, would learn best through listening and discussion. *Kinesthetic* learners need to become physically involved in what they are learning. They like to move around and try things out.

Often, people struggle in school or classroom situations because their own particular learning style is not compatible with the traditional approach to teaching a particular subject, or is at odds with the teaching style of their teacher. Kinesthetic learners in particular frequently struggle with traditional classroom teaching methods, which emphasize visual and auditory information.

How do you learn best? Learning Style Assessment Questions

Circle the letter of the answer that best explains your preference. If a single answer does not match your perception, please circle two or more choices. Leave blank any question that does not apply.

1. Recall a time in your life when you learned how to do something like playing a new board game. How did you learn best? By
 - V) visual clues—pictures, diagrams, written instructions?
 - A) listening to somebody explaining it?
 - K) experimenting, trying it out?
2. You are having difficulty finding your way to your hotel in city where you have stayed only a few days. Do you
 - K) drive around and try to find a familiar landmark?
 - A) ask directions?
 - V) look at a map?
3. You need to learn to use a new program on a computer. Would you
 - K) ask a friend to walk you through it?
 - V) look at the manual that comes with the program?
 - A) telephone a friend and ask questions about it?
4. You are not sure whether a word should be spelled “dependent” or “dependant.” Do you
 - V) picture the word in your mind and choose the one that looks right?
 - A) sound it out in your mind?
 - K) write both versions down and pick the one that feels right?
5. Do you prefer a lecturer/teacher who likes to use
 - V) flow diagrams, handouts, slides?
 - K) field trips, labs, practical sessions?
 - A) discussion, guest speakers?
6. You have purchased an item that requires assembly. Would the easiest way for you to figure out how to put it together be to
 - A) listen to a tape describing the steps you need to take?
 - K) start putting it together and assemble it through trial and error?
 - V) watch a video of it or read printed instructions?

7. You are taking care of a friend's house while he or she is on vacation. You need to quickly learn how to take care of your friend's yard and/or pets. Is it best for you to
 - V) watch someone do it?
 - A) get instructions and discuss it thoroughly?
 - K) have someone walk you through it?
8. A person gives you a very important number (such as a phone number, code, or serial number) to remember. To be sure that you will remember it, would you
 - A) repeat it to yourself or someone else?
 - V) make a mental picture of it?
 - K) write or type it several times?
9. You have to make an oral presentation to a small group. Are you most comfortable that you will be able to make this presentation when you have
 - A) a good sense of the basic tone and words you want to communicate?
 - V) diagrams and notes that you can look at during the presentation?
 - K) rehearsed the presentation a number of times?
10. Which of the following hobbies do you most enjoy?
 - K) Walking outdoors/gardening/dancing
 - V) Drawing/painting/sightseeing/photography
 - A) Music/singing/storytelling
11. To acquire a new skill, do you most prefer to
 - A) hear a description and ask questions?
 - V) see diagrams and watch demonstrations?
 - K) do exercises?
12. When you really want to teach something to others, do you
 - V) create a picture for them?
 - A) logically explain it to them?
 - K) physically lead them through it?