

Learning Style

Date: _____

“When everything else fails, read the instructions.” – Author Unknown

Pretend that you just acquired a new computer. What will you do to learn how to use it? Will you read the owner’s manual? Will you start pushing buttons to discover what happens? Will you ask an experienced computer user to explain how to use your computer? The strategy you choose will most likely reflect your learning style.

People rely heavily on three of the five senses to gather information: sight, sound and touch. Most people receive information using all of these channels, but often one channel or **learning style** is more effective than the others. When you read the first paragraph in this lesson, how did you imagine learning how to use a computer?

Consider the following information:

- Reading a manual suggests an ability to see and understand indicating a preference for **visual** learning.
- Pushing buttons suggests an ability to learn by doing or a preference for **kinesthetic** or **hands – on** learning.
- Listening to instruction suggests an ability to remember by hearing indicating a preference for **auditory** learning.

Knowing your personal learning style can help you accomplish learning tasks more effectively. For example, if you have trouble following a written list of instructions because you are a kinesthetic learner, you can ask someone to show you how to do the task. You will then be able to perform the task and read the instructions later to ensure that you haven’t left out any steps. When you begin a task with your preferred learning style, you set yourself up for success. When you follow up by reading the instructions, you work on strengthening your weaker learning style.

In some instances, you might find that you have to utilize a learning style that is not your own. For example, what is the best way to learn to ride a bicycle? Is it by watching someone ride a bike or by listening to someone tell you how to ride a bike or by trying to ride it yourself? For this particular learning task, riding the bike yourself is probably the best way to learn. If you are a kinesthetic learner, you will find this task easy to do. If you are a visual learner or an auditory learner, you will have to work harder at this task in order to succeed.

Characteristics of Learning Styles

Visual Learners

- Observe rather than talk or act
- Are quiet by nature
- Are organized in their approach to tasks
- Use advanced planning
- Are meticulous and neat in appearance
- Like to read
- Remember faces
- Are usually good spellers
- Notice details
- Are generally not easily distracted
- Find verbal instructions difficult
- Have good handwriting
- Doodle
- See pictures or words in their heads when they need to recall information

Auditory Learners

- Enjoy talking
- Are outgoing by nature
- Talk or whisper to themselves
- Like to be read to
- Enjoy listening activities
- Remember voices
- Enjoy music
- Often hum or sing
- Have difficulty with written directions
- Memorize by organizing steps into a sequence
- Are easily distracted by noise

Kinesthetic Learners

- Use their hands while talking
- Like to touch people when talking to them
- Are outgoing by nature
- Enjoy handling objects
- Like physical activities
- Will try new things
- Dress for comfort
- Are in motion most of the time
- Tap their pencil or their foot while studying
- Often do not enjoy reading
- Are poor spellers
- Express emotions through physical means
- Like to solve problems by physically working through them

Questions

1. Complete the **Learning Style Self Assessment Survey** and Learning Styles Quiz on the following pages, then score your results.
2. Based on the survey you just completed, answer the following questions.
 - a) Were the results as you expected them to be?

- b) Think of a situation where you understood something quickly and easily. Explain why you think you grasped the information easily.

3. Describe one advantage and one disadvantage of your particular learning style.

4. What is the most effective way for you to demonstrate to someone that you have learned something?

5. What two careers do you believe would be most appropriate for people with your learning style? Explain your answer.

6. Describe a learning situation that is difficult for you. Suggest one or two ways that you can use your learning style to succeed. For example, if you are an auditory learner and you are taking a course that has a reading or writing focus, you could read the material into a recorder and play it back to listen to it.

Learning Style Self – Assessment Survey

Name: _____

Date: _____

INSTRUCTIONS: Read each statement and circle the answer the **best** applies to you.

1. You usually remember more from a class lecture when:
 - a) You do not take notes but listen very closely
 - b) You sit near the front of the room and watch the speaker
 - c) You take notes (whether or not you look at them again)

2. You usually solve problems by:
 - a) Talking to yourself or a friend
 - b) Using an organized, systematic approach with lists and schedules
 - c) walking, pacing or some other physical activity

3. You remember phone numbers (when you can't write them down) by:
 - a) Repeating the numbers orally
 - b) Visualizing the numbers in your mind
 - c) Writing the numbers with your finger on a table or wall

4. You find it easiest to learn something new by:
 - a) Listening to someone explain how to do it
 - b) Watching a demonstration of how to do it
 - c) Trying it yourself

5. You remember most clearly from a movie:
 - a) Background noises, music and what the characters said
 - b) The setting, scenery and costumes
 - c) The feelings you experienced during the movie

6. When you go to the grocery store, you:
 - a) Silently or orally repeat the grocery list
 - b) Walk up and down the aisles to see what you need
 - c) Usually remember what you need by visualizing the list you left at home

7. You are trying to remember an event and so you:
 - a) Hear in your mind what was said or the noises that occurred
 - b) See the event in your mind
 - c) Remember the way the event made you feel

8. You learn a foreign language best by:
 - a) Listening to tapes or CDs
 - b) Writing the words or filling out pages in workbooks
 - c) Attending a class in which you read and write

9. You are confused about the correct spelling of a word so you:
- Sound it out
 - Try to see the word in your mind
 - Write the word several different ways and choose the one that looks right
10. You enjoy reading most when you can read:
- Dialogue between characters
 - Descriptive passages that allow you to create mental pictures
 - Stories with lots of action in the beginning (because you have trouble sitting still)
11. You usually remember people you have met by their:
- Names (you forget their faces)
 - Faces (you forget their names)
 - Mannerisms and motions
12. You are distracted most by:
- Noises
 - People
 - The environment (temperature, comfort of furniture, and so on)
13. You usually dress:
- Fairly well (but clothes are not very important to you)
 - Neatly (in a particular style)
 - Comfortably (so you can move easily)
14. You can't do anything physical and you can't read, so you choose to:
- Talk with a friend
 - Watch TV or look out a window
 - Move slightly in your chair or bed

Count the number of statements you answer a) to, and record this in the scoring chart. Do the same for b) and c).

Scoring Chart	
a)	_____ auditory learner (learn best by hearing)
b)	_____ visual learner (learn best by seeing)
c)	_____ kinesthetic learner (learn best by moving, touching, doing)

Learning Styles Quiz

Name: _____

Date: _____

1. I remember better from lectures with explanations and discussions. _____
2. I learn information more easily if it is written on the board. _____
3. I write down the information I read. _____
4. I use posters and models in the classroom. _____
5. I need verbal explanations of diagrams and graphs. _____
6. I enjoy working with my hands. _____
7. I enjoy making graphs and charts. _____
8. I can tell if two sounds match. _____
9. I remember best by writing things down several times. _____
10. I can follow directions on maps. _____
11. I do better at academic subjects by listening to lectures and tapes. _____
12. I like to play with coins, keys, pens or other objects when learning. _____
13. I learn to spell by repeating words out loud. _____
14. I prefer reading newspapers to listening to the radio news. _____
15. I chew gum or snack when I study. _____
16. The best way for me to remember something is to picture it in my head. _____
17. I learn how something works by taking it apart and putting it back together. _____
18. I would rather listen to a lecture than read the same material in a textbook. _____
19. I am good at solving jigsaw puzzles and mazes. _____
20. I grip objects in my hands while learning. _____
21. I prefer listening to the news on the radio to reading about it in the newspaper. _____
22. I prefer to get information by reading. _____
23. I enjoy classes with physical activity and movement. _____
24. I follow verbal directions then written ones. _____

Learning Styles Quiz

Name: _____

Give yourself a number according to the following guide:

1. Not at all
2. Once in a while
3. Sometimes
4. Often
5. Always

INSTRUCTIONS: Use the following scale to complete each question.

- | | | | | | |
|---|---|---|---|---|---|
| 1. I remember better from lectures with explanations and discussions. | 1 | 2 | 3 | 4 | 5 |
| 2. I learn information more easily if it is written on the board. | 1 | 2 | 3 | 4 | 5 |
| 3. I write down the information I read. | 1 | 2 | 3 | 4 | 5 |
| 4. I use posters and models in the classroom. | 1 | 2 | 3 | 4 | 5 |
| 5. I need verbal explanations of diagrams and graphs. | 1 | 2 | 3 | 4 | 5 |
| 6. I enjoy working with my hands. | 1 | 2 | 3 | 4 | 5 |
| 7. I enjoy making graphs and charts. | 1 | 2 | 3 | 4 | 5 |
| 8. I can tell if two sounds match. | 1 | 2 | 3 | 4 | 5 |
| 9. I remember best by writing things down several times. | 1 | 2 | 3 | 4 | 5 |
| 10. I can follow directions on maps. | 1 | 2 | 3 | 4 | 5 |
| 11. I do better at academic subjects by listening to lectures and tapes. | 1 | 2 | 3 | 4 | 5 |
| 12. I like to play with coins, keys, pens or other objects when learning. | 1 | 2 | 3 | 4 | 5 |
| 13. I learn to spell by repeating words out loud. | 1 | 2 | 3 | 4 | 5 |
| 14. I prefer reading newspapers to listening to the radio news. | 1 | 2 | 3 | 4 | 5 |
| 15. I chew gum or snack when I study. | 1 | 2 | 3 | 4 | 5 |
| 16. The best way for me to remember something is to picture it in my head. | 1 | 2 | 3 | 4 | 5 |
| 17. I learn how something works by taking it apart and putting it back together. | 1 | 2 | 3 | 4 | 5 |
| 18. I would rather listen to a lecture than read the same material in a textbook. | 1 | 2 | 3 | 4 | 5 |
| 19. I am good at solving jigsaw puzzles and mazes. | 1 | 2 | 3 | 4 | 5 |
| 20. I grip objects in my hands while learning. | 1 | 2 | 3 | 4 | 5 |
| 21. I prefer listening to the news on the radio to reading it in the newspaper. | 1 | 2 | 3 | 4 | 5 |
| 22. I prefer to get information by reading. | 1 | 2 | 3 | 4 | 5 |
| 23. I enjoy classes with physical activity and movement. | 1 | 2 | 3 | 4 | 5 |
| 24. I follow verbal directions than written ones. | 1 | 2 | 3 | 4 | 5 |

