

Learning Styles Inventory

PURPOSE: Identify your learning style preference and strength of your modalities. Understanding your learning style preference can guide your selection of study and learning strategies to use to be more effective and successful.

DIRECTIONS: Complete the following Learning Styles Inventory by reading each statement carefully. Check YES if the statement relates to you all or most of the time. Check NO if the statement seldom or never relates to you. There is no in-between option, so you must check YES or NO. Your first, quick response to a question is usually the best response to use.

	YES	NO
1. I like to listen and discuss information with another person.	_____	_____
2. I could likely learn or review information effectively by hearing my own voice on tape.	_____	_____
3. I prefer to learn something new by reading about it.	_____	_____
4. I often write down directions someone gives me so I do not forget them.	_____	_____
5. I enjoy physical sports and exercise.	_____	_____
6. I learn best when I can see new information in picture or diagram form.	_____	_____
7. I can easily visualize or picture things in my mind.	_____	_____
8. I learn best when someone talks or explains something to me.	_____	_____
9. I usually write things down so that I can look back at them later.	_____	_____
10. I pay attention to the rhythm and patterns of notes I hear in music.	_____	_____
11. I have a good memory for the words and melodies of old songs.	_____	_____
12. I like to participate in small-group discussions.	_____	_____
13. I often remember the sizes, shapes, and colors of objects when they are no longer in sight.	_____	_____

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| 14. I often repeat out loud verbal directions that someone gives me. | _____ | _____ |
| 15. I enjoy working with my hands. | _____ | _____ |
| 16. I can remember the faces of actors, settings, and other visual details of movies I have seen. | _____ | _____ |
| 17. I often use my hands and body movements when explaining something to someone else. | _____ | _____ |
| 18. I prefer standing up and working on a chalkboard or flip chart to sitting down and working on paper. | _____ | _____ |
| 19. I often seem to learn better if I can get up and move around while I study. | _____ | _____ |
| 20. I often refer to pictures or diagrams to assemble or install something new. | _____ | _____ |
| 21. I remember objects better when I have touched them or worked with them. | _____ | _____ |
| 22. I learn best by watching someone else first. | _____ | _____ |
| 23. I tend to doodle when I think about a problem or situation. | _____ | _____ |
| 24. I speak a foreign language. | _____ | _____ |
| 25. I am comfortable building or constructing things. | _____ | _____ |
| 26. I can follow the plot of a story when I listen to a book on tape. | _____ | _____ |
| 27. I often repair things at home. | _____ | _____ |
| 28. I can understand information when I hear it on tape. | _____ | _____ |
| 29. I am good at using machines or tools. | _____ | _____ |
| 30. I enjoy role-playing or participating in skits. | _____ | _____ |
| 31. I enjoy acting or doing pantomimes. | _____ | _____ |
| 32. I can easily see patterns in designs. | _____ | _____ |
| 33. I often know how to assemble, install, or fix something without referring to written directions. | _____ | _____ |
| 34. I like to recite or write poetry. | _____ | _____ |
| 35. I can usually understand people with foreign accents or dialects. | _____ | _____ |
| 36. I can hear many different pitches or melodies in music. | _____ | _____ |
| 37. I like to dance and create new movements or steps. | _____ | _____ |
| 38. I enjoy participating in activities that require physical coordination. | _____ | _____ |
| 39. I follow written directions better than oral ones. | _____ | _____ |
| 40. I can easily recognize differences between similar sounds. | _____ | _____ |

Exercise 1.1 (cont.)

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| 41. I like to create or use jingles/rhymes to learn things. | _____ | _____ |
| 42. I prefer classes with hands-on experiences. | _____ | _____ |
| 43. I can quickly tell if two geometric shapes are identical. | _____ | _____ |
| 44. I remember best things that I have seen in print, in diagrams, or in pictures. | _____ | _____ |
| 45. I follow oral directions better than written ones. | _____ | _____ |
| 46. I could learn the names of fifteen medical instruments more easily if I could touch and examine them. | _____ | _____ |
| 47. I remember details better when I say and repeat them aloud. | _____ | _____ |
| 48. I can look at a shape and copy it correctly on paper. | _____ | _____ |
| 49. I can usually read a map without difficulty. | _____ | _____ |
| 50. I can "hear" a person's exact words and tone of voice days after he or she has spoken to me. | _____ | _____ |
| 51. I remember directions best when someone gives me landmarks, such as specific buildings and trees. | _____ | _____ |
| 52. I have a good eye for colors and color combinations. | _____ | _____ |
| 53. I like to paint, draw, sculpt, or be creative with my hands. | _____ | _____ |
| 54. I can vividly picture the details of a meaningful past experience. | _____ | _____ |

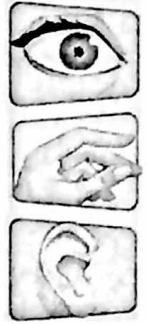
SCORING YOUR PROFILE

1. Ignore the NO answers. Work only with the questions that have a YES answer.
2. For every YES answer, look at the number of the question. Find the number in the following chart and circle that number.
3. When you finish, not all the numbers in the following boxes will be circled. Your answers will very likely not match anyone else's.
4. Count the number of circles for the Visual box and write the total on the line. Do the same for the Auditory box and Kinesthetic box.

Visual					Auditory					Kinesthetic				
3	4	6	7	9	1	2	8	10	11	5	15	17	18	19
13	16	20	22	32	12	14	24	26	28	21	23	25	27	29
39	43	44	48	49	34	35	36	40	41	30	31	33	37	38
51	52	54			45	47	50			42	46	53		
Total: _____					Total: _____					Total: _____				

Learning Styles Inventory - Reflective Writing

My learning style is: _____ -- _____ -- _____
(ex. Mr. McDonald is a V - K - A)



Now write a brief letter to me (using complete sentences) about your reaction to these results. Answer each of the following items:

- Do you feel these results accurately describe you as a learner?
- Which style(s) helps you learn best in school, and which is a weakness?
- How could these learning styles affect your career choices in the future?

Dear Mr. McDonald,

Sincerely,