



What is your Learning Style?

Name _____

Complete the following sentences by choosing option A, B, OR C. Decide which letter BEST describes the way you “see” yourself. After you complete each question, tally up the total number of A’s, B’s, and C’s write that number in the space provided on the second page. At the end of this questionnaire you will find a brief explanation of what your answers tell you about your learning style.

1. _____

I learn best by:

- A) seeing or watching demonstrations
- B) reading or listening to information
- C) being involved, actively completing a task

2. _____

When I read I:

- A) like descriptions, stop to “see” a scene in my mind
- B) don’t always look at pictures, sometimes move my lips
- C) like lots of action in reading, fidget while I read

3. _____

When I spell I:

- A) write out the words to see if it looks right
- B) sound out the word
- C) don’t spell well, the spelling of a word has to “feel” right

4. _____

I remember best:

- A) faces, I forget names, I often write down things to help remember them
- B) names, I forget faces, I repeat things to myself to help remember them
- C) when I’ve actually done something

5. _____

When I imagine things”:

- A) I think in pictures
- B) I think mainly about sounds
- C) which are in motion

6. _____

I get distracted by:

- A) motion or messy surroundings
- B) sounds
- C) don’t pay much attention to either sounds or movement

7. _____

When I solve a problem I:

- A) plan in advance, often make lists
- B) talk myself through the problem
- C) am impulsive, work on the problem physically

8. _____

If nothing much is happening I:

- A) stare, doodle, or find something to watch
- B) hum to myself, talk to others
- C) fidget, find a reason to move around

9. _____ **If I find myself in a new situation I:**
 A) look around, try to figure out the organization of the situation
 B) talk about it
 C) try things out
10. _____ **I show my emotions by:**
 A) staring when I'm angry, crying easily; show emotions on my face
 B) shouting when I'm happy or angry; I calm down quickly
 C) jumping for joy, stomping off; use my body to show emotions
11. _____ **When I'm communicating I:**
 A) don't talk long, use short descriptions
 B) enjoy listening, but can't wait to talk, use long descriptions
 C) use my hands a lot when I talk, don't tend to listen well
12. _____ **Overall, I think my appearance is:**
 A) neat, I like order
 B) not that important
 C) neat, but my clothes get wrinkled quickly
13. _____ **In relation to the arts I:**
 A) like pictures best, music isn't all that important
 B) like music best, don't always catch the details of things
 C) respond to music my dancing, I like sculptures, often touch statues or paintings

Tally your answers. How many of each letter did you choose?

A. _____ B. _____ C. _____

If you chose:

Mostly A's you are a visual person. You learn best using images, pictures, and colors.

Mostly B's you are more auditory. You learn best by talking things through.

Mostly C's you are kinesthetic. You learn best by "jumping in" and using your hands.

Note: Many people are a mixture of 2 or 3 different categories.