

Hour: _____ Date: _____ Name: _____

What Type of Learner Are You?

Directions: Read each sentence carefully and consider if it applies to you. On the line in front of each statement, indicate if the sentence:

- (1) never applies to you
- (2) sometimes applies to you
- (3) often applies to you

Visual

1. _____ I enjoy doodling and even my notes have lots of pictures and arrows in them.
2. _____ I remember something better if I write it down.
3. _____ I get lost or am late if someone *tells* me how to get to a new place and I don't write down the directions.
4. _____ When trying to remember someone's telephone number, or something new like that, it helps me to get a picture of it in my mind.
5. _____ If I am taking a test, I can "see" the textbook page and where the answer is.
6. _____ It helps me to *look* at the person while listening. It keeps me focused.
7. _____ I had speech therapy.
8. _____ It's hard for me to understand what a person is saying when there are people talking or music playing.
9. _____ It's hard for me to understand a joke when someone tells me.
10. _____ It is better for me to get work done in a quiet place.

Visual Total _____

Auditory

1. _____ My written work doesn't look neat to me. My papers have crossed-out words and erasures.
2. _____ It helps to use my finger as a pointer when reading to keep my place.

3. ____ Papers with very small print or blotchy dittos or poor copies are tough on me.
4. ____ I understand how to do something if someone tells me rather than having to read the same thing to myself.
5. ____ I remember things that I hear, rather than things that I see or read.
6. ____ Writing is tiring. I press down too hard with my pen or pencil.
7. ____ My eyes get tired fast, even though the eye doctor says my eyes are ok.
8. ____ When I read, I mix up words that look alike, such as "them" and "then" and "bad" and "dad."
9. ____ It's hard for me to read other people's handwriting.
10. ____ If I had the choice to learn new information via a lecture or textbook, I would choose to hear it rather than read it.

Auditory Total _____



Kinesthetic

1. ____ I don't like to read directions; I'd rather just start doing.
2. ____ I learn best when I am shown how to do something and I have the opportunity to do it.
3. ____ Studying at a desk is not for me.
4. ____ I tend to solve problems through a more trial-and-error approach, rather than from a step-by-step method.
5. ____ Before I follow directions, it helps me to see someone else do it first.
6. ____ I find myself needing frequent breaks while studying.
7. ____ I am not skilled in giving verbal explanations or directions.
8. ____ I do not become easily lost, even in strange surroundings.
9. ____ I think better when I have the freedom to move around.
10. ____ When I can't think of a specific word, I'll use my hands a lot and call something a "what-cha-ma-call-it" or a "thing-a-ma-jig."

Kinesthetic Total _____

Once all 30 items have been completed, add up the scores for each of the three sections. The maximum score in any section is 30, and the minimum score is 10.

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Now that you know what type of learner you are, you can use these suggestions to become a more successful student!

Visual Learners

- Organize work and living space to avoid distractions.
- Sit in the front of the room to avoid distraction and away from doors or windows where action takes place. Sit away from wall maps or bulletin boards.
- Use neatly organized or typed material.
- Use visual association, visual imagery, written repetition, flash cards, and clustering strategies for improved memory.
- Use note pads, Post-Its, to-do lists, and other forms of reminders.
- Use organizational formats like outlining for recording notes.
- Use organizational aids like webs or charts.
- Allow enough time for planning and recording thoughts when doing problem-solving tasks.
- Use test preparation strategies that emphasize organization of information and visual recall.
- Participate actively in class or group activities.
- Develop written or picture outlines of responses before answering essay questions.

Auditory Learners

- Work in quiet areas to reduce distractions, avoiding areas with conversations, music, and television.
- Sit away from doors or windows where noises may enter the classroom.
- Rehearse information orally.
- Use mnemonics, rhymes, jingles, and auditory repetition through tape recording to improve memory.
- Use tape recorders to document lectures and for reading materials.
- Examine illustrations in textbooks and convert them into verbal descriptions.
- Use test preparation strategies that emphasize auditory processing of information.
- Read the directions for tests or assignments aloud, or have someone read them to you, especially if the directions are long and complicated. .
- Remind yourself to review details.
- Use time managers and translate written appointment reminders into verbal cues.
- Use verbal brainstorming, tape recording, and verbal strategies for writing and proofing.

Kinesthetic Learners

- Actively participate in discussions.
- Use direct involvement, physical manipulation, imagery, and "hands on" activities to improve motivation, interest, and memory.
- Organize information into the steps that were used to physically complete a task.
- Allow for physical action in solving problems.
- Read or summarize directions, especially if they are lengthy and complicated, to discourage starting a task without instructions.
- Use taped reading materials.
- Use practice, play acting, and modeling to prepare for tests.
- Allow for physical movement and periodic breaks during tests, while reading, or while composing written assignments.