



Learning Styles

Knowing your learning style can help you determine the best ways for you to study. Knowing that will help you discover how you best remember information. This information can help you with everything from improving your test taking skills to choosing a career. Take the survey below to find out what your learning style is.

Rank each statement as follows: 1 – Seldom/Never 2 – Sometimes 3– Often

Visual Learner

- _____ I remember information better if I write it down.
- _____ Looking at a person who is talking helps me stay focused.
- _____ I need a quiet work space to study or work in.
- _____ When I take a test, I can see a page of the textbook or information from the board in my head.
- _____ When I'm given directions verbally, I need to write them down.
- _____ Listening to music or other background noise is distracting to me when I'm trying to work.
- _____ I don't always "get" jokes.
- _____ When I'm in class or doing homework, I doodle on the margins of my notebook paper.
- _____ I have trouble following lectures.
- _____ I react very strongly to seeing colors.
- _____ **TOTAL**

Auditory Learner

- _____ My papers and notebooks are very messy.
- _____ When I read, I trace the words with my finger as I go along.
- _____ I don't follow written directions very well.
- _____ If I hear something, I will remember it.
- _____ Writing is a difficult task for me.
- _____ I tend to misread words from texts, like "same" and "some."
- _____ It's easier for me to listen and learn than to read and learn.
- _____ Interpreting peoples' body language isn't something I'm good at.
- _____ If a text has small print or the quality of the copy is poor, I have a very difficult time reading it.
- _____ My eyes get tired quickly even though I have had my vision checked and it's fine.
- _____ **TOTAL**

Kinesthetic/Tactile Learner

- _____ I start projects before reading the directions.
- _____ I don't like sitting at desks for a long time.
- _____ I prefer to watch something being done, then do it myself.
- _____ I use a trial and error when solving problems.
- _____ I like reading my textbooks when I'm on an exercise bike or doing some other activity.
- _____ I take a lot of study breaks.
- _____ I don't give step-by-step instructions very well.
- _____ I enjoy sports and exercise, and I'm quite good at one or more sports.
- _____ I use my hands when I am describing something.
- _____ When I rewrite or type my notes, it's easier for me to remember them.
- _____ **TOTAL**

Your highest total is your preferred learning style. Read on to learn more about how you learn best and to get some valuable study tips:



Learning Styles

Visual Learners...

- Need to see information to know it.
- Have a strong sense of color.
- May be artistic.
- Often have difficulty following spoken directions.
- May overreact to sound or noise.
- Often misinterpret words.

Study Tips!

- Use graphics to reinforce your learning, like films, pictures, diagrams, doodles.
- Color code your notes and tools.
- Ask for written directions.
- Use flow charts and diagrams when taking notes.
- Visualize the spelling of words and facts that you must memorize.

Auditory Learners...

- Need to hear information to know it.
- May have trouble following written directions.
- Have difficulty reading.
- Have problems with writing.
- Are often unable to read body language and facial expressions.

Study Tips!

- Get a small tape recorder and record yourself reading record your lectures to listen to later.
- Join study or discussion groups related to your classes.
- Ask for test questions or directions to be read aloud or put on tape.

Kinesthetic/Tactile Learners...

- Prefer hands-on learning.
- Often can assemble parts without looking at the directions.
- Don't like to sit still.
- Learn best when physical activity is involved.
- Have good coordination.
- Are good athletes.

Study Tips!

- Make models, do lab work, role playing.
- Take frequent breaks during study periods.
- Trace letters and words to learn spelling and remember facts.
- Use computers to reinforce learning through touch.
- Memorize information while walking or exercising.