

# Learning Styles

## What Type of Learner Are You?

Visual



Auditory



Kinesthetic



How do you learn? Have you ever thought about how you intake information from the world around you, then process that information, and store it so that you can remember that information later on? Here is a quick inventory to help you determine your preferred learning style. Circle one answer for each statement below:

### 1. I get more from:

- A. Reading the textbook and notes silently to myself
- B. Listening to a book on tape or listening to the instructor lecture
- C. A hands-on approach where I can use the information in a lab or do an experiment

### 2. When I buy something that has to be assembled, I usually

- A. Read the directions before I try putting the object together
- B. Have someone read the directions to me while I try to assemble the object
- C. Try putting the object together without reading the directions

### 3. When I have time to myself

- A. I like reading silently or writing in a quiet place
- B. I usually have music playing or the radio on
- C. I like activity and working with my body and hands

### 4. In a new situation where you want to catch on to something, would you most likely say

- A. Show me how you do that
- B. Tell me how you do that
- C. Let me try that (and attempt to do it yourself)

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**A** \_\_\_\_\_

**B** \_\_\_\_\_

**C** \_\_\_\_\_

**5. If you had to share or teach something to a class, would you prefer**

- A. Writing out the information for everyone and reading it to the class
- B. Giving a talk on the information and answering questions from classmates
- C. Demonstrating the information and making it an activity for the class

**6. When I remember a personal experience from the past**

- A. I see pictures in my mind about the experience
- B. I hear words and sounds from my experience
- C. I have feelings and sensations as though I'm reliving the experience

**7. The teacher I learned the most from**

- A. Gave lectures and handouts, and used the textbook for the most part
- B. Used class discussions, guest speakers, and let us ask lots of questions
- C. Gave demonstrations, let us do experiments in labs, and used hands-on methods

**8. I remember**

- A. When I write down something I'm supposed to do
- B. What people tell me usually
- C. When I can do it, or use it in some way

**9. For me, it is**

- A. Easy to sit and take notes in lecture, and read the textbook
- B. Easy to sit and listen to lecture and use audio tapes
- C. Difficult to sit in lecture and keep focused or sit and read quietly for long periods

**10. If I need directions to drive to an out-of-town function, I would prefer**

- A. Written directions to the location or a map
- B. Calling and getting the directions over the phone
- C. Either going alone or with someone else and finding my own way

## Instructions for Learning Styles

Count the number of A, B, and C responses. Which number was higher? That may be the student's preferred learning style, and you can use certain techniques to help him/her learn and retain the information you are trying to teach.

**A** responses indicate that the student is a Visual Learner; **B** responses mean that he/she is an Auditory Learner; and **C** answers suggest that the student is a Kinesthetic Learner. Read the paragraphs below to get a quick profile of the 3 styles.

**Visual Learners:** This style lets the eyes tell the mind in learning. The learner is comfortable in the world of words and processes words by turning the words into pictures in their mind. He/she remembers by recalling pictures in the mind. Visual learners need to become good note-takers using color and underlining for notes and text. Reading silently is comfortable for these folks. In class anything used as a visual aid should be copied in their notes. Rewriting or mapping class notes helps with retention. Comparing notes with others in group study is advised.

**Auditory Learners:** This style focuses on the hearing process for the intake and processing of information. The auditory learner listens in order to learn. He/she likes to listen to others talking, and likes listening to themselves talk out loud in processing information. Auditory learners get more by listening in class rather than writing down every word said. Brief note-taking and taping lectures helps the learner rewrite notes after class. Reading the text and notes out loud is advised. Taping the important text information and attending group study sessions are strong recommendations for auditory learners.

**Kinesthetic Learners:** This style focuses on learning through interacting with the information. The kinesthetic learner uses a hands-on approach to learn. Using the body, movement, and various methods that permit him/her to touch, feel, and experience the information is the key to processing and remembering for these folks. Courses with labs and clinics as well as instructors who use demonstrations and real live examples in class are favorite courses for the kinesthetic learner. Turning words into experiments and real life examples get all of the senses involved. Group study to talk about notes and readings are encouraged. Moving while studying is worth a try--walking on a treadmill, riding a stationary bike, or rocking in a chair.