

Learning Styles Worksheets

A key to successfully beginning your career at Cal Poly Pomona is knowing how you learn best. To help you get the most out of your classes, fill out this worksheet to understand your learning style.

	Often	Sometimes	Seldom
<p>Auditory</p> <ul style="list-style-type: none"> • I can usually remember what was said as well as how it was said. • I do best when I can listen to someone speaking (i.e. lectures, recorded readings). • I would rather listen to what someone says than read the same thing. • Talking with others helps me remember what I learned. • I sometimes talk to myself when I'm working on a task. • I remember names better than faces. <p>Kinesthetic</p> <ul style="list-style-type: none"> • I find it difficult to learn when I have to sit still, or can't take frequent breaks. • I find it easier to remember something I've done more than what I've seen or heard. • I like to use a trial-and-error approach to tasks rather than reading directions. • Good ideas come to me when I am doing routine tasks (ie. walking, some sort of repetitive activity). • I find myself moving and fidgeting when I'm bored. • I enjoy making things with my hands. <p>Visual</p> <ul style="list-style-type: none"> • Visual Aids (i.e. drawings, charts, graphs) help me understand things better. • I remember things by picturing them in my head. I remember faces better than names. • When I'm interested in something, I tend to read about it. • Closing my eyes often helps me see something and remember it. • I remember things better when I organize them by color. 			