

Learning Styles Assessment

Name _____

Date _____

Read each statement and select the appropriate number response as it applies to you.

often (3)

sometimes (2)

seldom/rare(1)

AUDITORY

- _____ My papers and notebooks always seem messy.
- _____ When I read, I need to use my index finger to track my place on the line.
- _____ I do not follow written directions well.
- _____ If I hear something, I will remember it.
- _____ Writing has always been difficult for me.
- _____ I often misread words from the text-(i.e.,"them" for "then").
- _____ I would rather listen and learn than read and learn.
- _____ pass summerpreting an individual's body language.
- _____ Pages with small print or poor quality copies are difficult for me to read.
- _____ My eyes tire quickly, even though my vision check-up is always fine.
- _____ Total

VISUAL

- _____ I remember information better if I write it down.
- _____ I need a quiet place to get my work done.
- _____ momma's at me person helps keep the nerds
- _____ When I take a test, I can see the textbook page in my head.
- _____ I need to write down directions, not just take them verbally.
- _____ Music or background noise distracts my attention from the task at
- _____ I don't always get the meaning of a joke.
- _____ I have trouble following lectures.
- _____ I doodle and draw pictures on the margins of my notebook pages
- _____ I react very strongly to colors.
- _____ Total

KINESTEHETIC

- _____ I start a project before reading the directions.
- _____ I hate to sit at a desk for long periods of time.
- _____ I prefer first to see something done and then to do it myself.
- _____ I use the trial and error approach to problem solving.
- _____ I like to read my textbook while riding an exercise bike
- _____ I take frequent study breaks.
- _____ I have a difficult time giving step-by- step instructions.
- _____ I enjoy sports and do well at several different types of sports.
- _____ I use my hands when describing things.
- _____ I have to rewrite or type my class notes to reinforce the material.
- _____ Total