

## Learning Style Questionnaire

To complete, read each sentence carefully and consider if it applies to you. On the line in front of each statement, indicate how often the sentence applies to you, according to the chart below. Please respond to all questions.

1	2	3
Never applies to me	Sometimes applies to me	Often applies to me

### SECTION ONE:

\_\_\_\_\_ I enjoy drawing and the edges of my books/ notes tend to have my doodles on the sides

\_\_\_\_\_ I make notes with lots of pictures and arrows in them.

\_\_\_\_\_ I like to draw a map of directions when telling someone the way or going someplace new myself.

\_\_\_\_\_ 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.

\_\_\_\_\_ If I am taking a test, I can "see" the textbook page and where the answer is located.

\_\_\_\_\_ It helps me to look at the person while listening; it keeps me focused.

\_\_\_\_\_ I like to imagine what clothes would look like on me before I buy them.

\_\_\_\_\_ It's hard for me to understand what a person is saying when there are people talking or music playing.

\_\_\_\_\_ If I have to make something new, like a new dish, I first look at instructional diagrams of it.

\_\_\_\_\_ If I had to buy furniture, I would choose it based on its colour and overall look.

Total \_\_\_\_\_

### SECTION TWO:

\_\_\_\_\_ My written work doesn't look neat to me. My papers have crossed-out words and erasures.

\_\_\_\_\_ It helps to use my finger as a pointer when reading to keep my place.

\_\_\_\_\_ Papers with very small print, blotchy dittos or poor copies are tough on me.

\_\_\_\_\_ I understand how to do something if someone tells me, rather than having to read the same thing to myself.

\_\_\_\_\_ I remember things that I hear, rather than things that I see or read.

\_\_\_\_\_ Writing is tiring. I press down too hard with my pen or pencil.

\_\_\_\_\_ My eyes get tired fast, even though the eye doctor says that my eyes are ok.

\_\_\_\_\_ When I read, I mix up words that look alike, such as "them" and "then," "bad" and "dad."

\_\_\_\_\_ It's hard for me to read other people's handwriting.

\_\_\_\_\_ If I had the choice to learn new information through a lecture or textbook, I would choose to hear it rather than read it.

Total \_\_\_\_\_

Continue with Section Three on the reverse side

**SECTION THREE:**

- \_\_\_\_\_ I remember something better if I write it down.
- \_\_\_\_\_ Making notes helps me to retain material for tests.
- \_\_\_\_\_ I prefer having conversations over texts than face to face or on a phone call.
- \_\_\_\_\_ I read the instruction manual of any new device before I try to operate it.
- \_\_\_\_\_ I like websites that have interesting written descriptions, lists and explanations.
- \_\_\_\_\_ If I was not well, I would prefer that the doctor wrote down what was wrong with me so I could read it.
- \_\_\_\_\_ I purchase new items, such as mobile phones or washing machines, by reading reviews and checking a list of its features online .
- \_\_\_\_\_ If I had to make an important speech, I would write it down, and read it numerous times to memorise it better.
- \_\_\_\_\_ I purchase a new book by reading the piece written on the back or sections of it from inside the book.
- \_\_\_\_\_ I make a written schedule of important activities and make lists for shopping or travelling.

Total\_\_\_\_\_

**SECTION FOUR:**

- \_\_\_\_\_ I don't like to read directions; I'd rather just start doing.
- \_\_\_\_\_ I learn best when I have the opportunity to do it.
- \_\_\_\_\_ Studying at a desk is not for me.
- \_\_\_\_\_ I tend to solve problems through a more trial-and-error approach, rather than from a step-by-step method.
- \_\_\_\_\_ Before I follow directions, it helps me to see someone else do it first.
- \_\_\_\_\_ I find myself needing frequent breaks while studying.
- \_\_\_\_\_ I am not skilled in giving verbal explanations or directions.
- \_\_\_\_\_ I do not become easily lost, even in strange surroundings.
- \_\_\_\_\_ I think better when I have the freedom to move around.
- \_\_\_\_\_ When I can't think of a specific word, I'll use my hands a lot and try to explain by describing what it is.

Total\_\_\_\_\_

**SCORING:**

Now, add up the scores for each of the three sections and record below. The maximum score in any section is 30 and the minimum score is 10. Note the preference next to each section.

Section One score: \_\_\_\_\_(Visual)

Section Two score: \_\_\_\_\_(Auditory)

Section Three score: \_\_\_\_\_(Read/Write)

Section Three score: \_\_\_\_\_(Kinaesthetic)

Some people find that their learning style may be a blend of two or three styles, in this case read about the styles that apply to you in the explanation below.

The VAK learning styles model suggests that most people can be divided into one of three preferred styles of learning. These three styles are as follows, (and there is no right or wrong learning style):

Someone with a **Visual learning style** has a preference for seen or observed things, including information depicted in maps, spider diagrams, charts, graphs, flow charts, labelled diagrams, and all the symbolic arrows, circles, hierarchies and other devices, that people use to represent what could have been presented in words. It includes designs, whitespace, patterns, shapes and the different formats that are used to highlight and convey information. When a diagram is drawn with meaningful symbols to showcase the relationship between different things it is considered helpful for those with a Visual preference.

Someone with an **Auditory learning style** has a preference for the transfer of information through listening: to the spoken word, of self or others, of sounds and noises. These people will use phrases such as ‘tell me’, ‘let’s talk it over’ and will be best able to perform a new task after listening to instructions from an expert. These are the people who are happy being given spoken instructions over the telephone, and can remember all the words to songs that they hear!

Someone with a **Read/ Write learning style** has a preference for information displayed as words. This preference emphasizes text-based input and output – reading and writing in all its forms but especially manuals, reports, essays and assignments. People who prefer this modality are often addicted to PowerPoint, the Internet, lists, diaries, dictionaries, and soon. Note that most PowerPoint presentations and the Internet, GOOGLE and Wikipedia are essentially suited to those with this preference as there is seldom an auditory channel or a presentation that uses Visual symbols.

Someone with a **Kinaesthetic learning style** has a preference for physical experience - touching, feeling, holding, doing, and practical hands-on experiences. These people will use phrases such as ‘let me try’, ‘how do you feel?’ and will be best able to perform a new task by going ahead and trying it out, learning as they go. These are the people who like to experiment, hands-on, and never look at the instructions first!