

# LEARNING STYLES ASSESSMENT

KINESTHETIC | VISUAL | AUDITORY

**INSTRUCTIONS** | Circle the letter of the phrase that is true for you most of the time. When you have made all of your selections, record the number of times you chose each letter and use the table to discover your personal learning style.

**If I have to learn something, I learn best when I:**

- a. Try to do it myself.
- b. Watch someone show me how
- c. Hear someone tell me how

**When I read, I often find that I:**

- a. Read out loud or hear the words inside my head
- b. Visualize what I am reading in my mind's eye
- c. Fidget and try to "feel" the content

**When asked to give directions I:**

- a. Picture the places as I say them or prefer to draw them
- b. Have no difficulty in giving them verbally
- c. Have to point or move my body as I give them

**If I am unsure how to spell a word, I:**

- a. Write it in order to determine if it feels right
- b. Write it in order to determine if it looks right
- c. Spell it out loud in order to determine if it sounds right

**When I write, I:**

- a. Often say the letters and words to myself
- b. Am concerned how neat and well-spaced my writing is
- c. Push hard on my pen or pencil and feel the flow of the words or letters as I form them

**If I had to remember a list of items, I would remember it best if I:**

- a. Wrote them down
- b. Said them over and over to myself
- c. Moved around and used my fingers to name each item

**I prefer teachers who:**

- a. Use hands-on activities
- b. Use the board or overhead projector while they lecture
- c. Talk with a lot of expression

**When trying to concentrate, I have a difficult time when:**

- a. There is a lot of noise in the room
- b. There is a lot of clutter or movement in the room
- c. Have to sit still for any length of time

**When solving a problem, I:**

- a. Write or draw diagrams to see it
- b. Talk myself through it
- c. Use my entire body or move object to help me think

**When given written instructions on how to build something, I:**

- a. Try to put the parts together first and read later
- b. Read them silently and try to visualize how the parts will fit together
- c. Read them out loud and talk to myself as I put the parts together

**To keep occupied while waiting, I:**

- a. Talk or listen to others
- b. Look around, stare, or read
- c. Walk around, fidget with my hands, or move/shake my feet

**If I had to verbally describe something to another person, I would:**

- a. Be brief because I do not like to talk at length
- b. Go into great detail because I like to talk
- c. Gesture and move around while talking

**If someone were verbally describing something to me, I would:**

- a. Become bored if her description got too long and detailed
- b. Try to visualize what she was saying
- c. Enjoy listening but want to interrupt and talk myself

**When trying to recall names, I remember:**

- a. Faces but forget names
- b. Names, but forget faces
- c. The situation that I met them, not their name or face

**TOTALS**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**USING THESE RESULTS TO IDENTIFY YOUR LEARNING STYLE**

The area with the highest number of responses corresponds with your preferred learning style.

- a. Kinesthetic (K) Learner
- b. Visual (V) Learner
- c. Auditory (A) Learner

Read more about your learning style on the next page. Then, check out the [Strategies for Your Learning Style](#) guide also available in this series to discover study strategies and note taking tips that will work best for you.

**Major in you.**

**PARKSIDE ACADEMIC RESOURCE CENTER**  
The Commons, Wyllie Hall D1  
parc@uwp.edu | uwp.edu/PARC

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**DID YOU KNOW?** | Your eyes, ears, and sense of touch play essential roles in the way you communicate, perceive reality, and relate to others. Because you learn from and communicate best with someone who shares your dominant modality, it is a great advantage for you to know the characteristics and preferences of visual, auditory, and kinesthetic styles now that you have identified your dominant style of learning.

## KINESTHETIC (K) LEARNER

- Likes physical rewards
- In motion most of the time
- Taps pencil or foot when studying
- Enjoys doing activities
- Reading not a priority
- Poor speller
- Likes to solve problems by physically working through them
- Will try new things
- Outgoing by nature
- Expresses emotions by physical means
- Uses hands while talking
- Dresses for comfort

## VISUAL (V) LEARNER

- Mind sometimes strays during verbal activities
- Observe rather than acts or talks
- Likes to read
- Usually a good speller
- Memorizes by seeing graphics or pictures
- Not too distracted
- Finds verbal instruction difficult
- Has good handwriting
- Remembers faces
- Uses advanced planning
- Doodles
- Quiet by nature
- Meticulous, neat in appearance
- Notices Details

## AUDITORY (A) LEARNER

- Talks to self-aloud
- Enjoys talking
- Easily distracted
- Has difficulty with written directions
- Likes to be read to
- Memorizes sequentially
- Enjoys music
- Whispers to self while reading
- Distracted by noise
- Hums or sings
- Outgoing by nature
- Enjoys listening activities

### USING THESE CHARACTERISTICS TO YOUR ADVANTAGE

Check out the [Strategies for Your Learning Style](#) guide also available in this series to enhance your speed and ability to learn and retain information by implementing a variety of strategies specific to your dominant learning style.

**Major in you.**

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