

# Learning Styles Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

Read through the following descriptions to your child, or have them read it to his/herself. For young children, it is sometimes difficult to determine their learning style based on the list of descriptions, but being aware of the choices will help you to determine their learning style in the near future. While you or they are reading them have them ask themselves, "Does this sound like me?" Some of the descriptions they may need an example that they can relate to.

Keep track of how many in each list 'sounds like me'. You'll use them at the end.

## List One:

- You reach out to touch things.
- You like to collect things.
- You talk fast using your hands to communicate what you want to say.
- You are constantly fidgeting.
- You are good at sports.
- You like to take things apart and put things back together.
- You prefer to stand while working.
- You enjoy working with your hands and making things.
- You like to chew gum or eat while working.
- You enjoy moving around and exploring the area around you.
- You may be considered active.
- You are good at finding your way around.
- You are comfortable touching others as a show of friendship (hugging).
- You prefer to do things rather than to just watch a demonstration or reading about it.

## List Two:

- You ask for verbal instructions to be repeated.
- You watch a speaker's facial expressions and body language for additional clues.
- You like to take notes to review later.
- You remember best by writing things down or drawing pictures and diagrams.
- You are a good speller.
- You get lost with only verbal directions.
- You prefer information presented visually (charts, pictures...).
- You are skillful at making graphs, charts and other visual displays.
- You can understand and follow directions on maps.
- You feel the best way to remember something is to picture it in your head.
- You follow written instructions better than oral ones.
- You are good at solving jigsaw puzzles.
- You get the words to a song wrong when they aren't written down.

**List Three:**

- You would rather listen to a speaker than read the material in a book.
- You understand information better when it is read aloud.
- You struggle to keep your notebooks neat.
- You prefer to listen to the radio than to read the newspaper.
- You frequently sing, hum or whistle to yourself.
- You dislike reading from a computer screen especially when the background is fuzzy.
- When you are presented with two similar sounds, you can easily tell if the sounds are the same or different.
- You require explanations of diagrams, graphs or maps.
- You enjoy talking to yourself.
- You use musical jingles to learn things.
- You would rather listen to music than to view a piece of art work.
- You use a finger as a pointer when reading.
- You like to tell jokes and stories and make verbal analogies to demonstrate a point.

**Total number from each list:**

<b>List One:</b>	_____	<b>Kinesthetic/Tactile Learner (Hands on)</b>
<b>List Two:</b>	_____	<b>Visual Learner</b>
<b>List Three:</b>	_____	<b>Auditory Learner</b>

Circle the greatest number - that is your dominant learning style. If there are 2 that tie or they are within 1 point of each other, circle both. They are both your learning styles.

Now to find out how you can use the information to make learning more meaningful.

If you circled #1 you are a **kinesthetic learner**. A kinesthetic learner learns best through movement. You understand and remember things better if you can manipulate something.

Here are some suggested ways to use this learning style to your advantage:

- Take frequent study breaks.
- Move around to learn new things (walk around as you are reciting some information; shape a piece of play dough into your spelling words...). Any kind of movement helps it stick in the brain.
- Work while standing up.
- Chew gum while working.
- Use bright colors to highlight reading material.
- Dress up your work space with posters.
- Listen to music as you study.
- Skim through reading material to get a rough idea what it is about before setting down to read it in detail.

If you circled #2, you are a **visual learner**. You learn best when you see the information. When you look at something you have a better chance of understanding it and remembering it.

Here are some suggested ways to use this learning style to your advantage:

- Use visual materials such as pictures, charts, maps and graphs to enhance your understanding whenever possible.
- Have a clear view of the speaker when they are talking so you can see their body language and facial expressions.
- Use color highlighters so you can see the important points that need to be remembered.
- Take notes or ask for any available handouts.
- Write a story and illustrate it about the topic you are learning.
- Use multi-media whenever possible: computer, video, books, etc.
- Study in a quiet place away from verbal disturbances.
- Visualize information as a picture to aid in memorization.
- Illustrate your ideas as a picture or mind map when writing down notes.
  - Science behind the mind map: [www.youtube.com/watch?v=MlaborWv25qQ](http://www.youtube.com/watch?v=MlaborWv25qQ)
  - Directions to make a mind map: [www.mapyourmind.com/howto.htm](http://www.mapyourmind.com/howto.htm)
  - Software to purchase on mind maps: [www.inspiration.com/prodinfo/kidsperation.index.cfm](http://www.inspiration.com/prodinfo/kidsperation.index.cfm)

If you circled #3, you are an **auditory learner**. You learn best when you hear information. You can easily remember information you hear from the radio.

Here are some suggested ways to use this learning style to your advantage:

- Use a tape recorder during long talks or lectures.
- Participate in discussions.
- Make speeches and presentations.
- Read text out loud.
- Create musical jingles to aid in memorization.
- Discuss your ideas with others.
- Tell someone your thoughts or story ideas as they write them down or record them.
- Use verbal analogies and story telling to explain a point.
- Talk yourself through the steps for tricky math problems.