

## When you spell:

- A) Do you try to 'see' the word in your mind, or try it out on paper to see what it looks like? ☐
- B) Do you 'sound out' the word? ☐
- C) Do you write the word out to see if it 'feels' right? ☐

## When you try to imagine something:

- A) Do you see things in pictures in your mind? ☐
- B) Do you think of the sounds you would hear? ☐
- C) Do you imagine what it would feel like to be there? ☐

## When you concentrate:

- A) Do you need to work in a tidy and uncluttered place? ☐
- B) Does the noise or talking stop you working and making you listen instead? ☐
- C) Do you need to move around and perhaps talk to yourself to help you work? ☐

## When you are angry:

- A) Do you become silent and tense? ☐
- B) Do you shout angrily or make a noise? ☐
- C) Do you storm off, grit your teeth, clench your fists or slam the door? ☐

## When you forget something:

- A) Is it mostly names, but you remember faces and places? ☐
- B) Do you forget places and faces but remember names and stories you were told? ☐
- C) Do you remember best the things you have actually done and the places you have actually visited? ☐

## When you need to ask someone to do something for you:

- A) Do you like to meet someone face to face so that you can see them? ☐
- B) Do you prefer to talk to them over the phone? ☐
- C) Do you work out what you're going to say in advance and practise it while walking along and doing something else? ☐

## When you are relaxing:

- A) Do you prefer to watch TV, read, see a play or look at magazines?
- B) Do you prefer to listen to the radio, play music or hear stories?
- C) Do you [refer to play sports or games or take part in physical activity?

☐  
☐  
☐

## When you want to praise someone:

- A) Do you write a card or note to them?
- B) Do you tell them face to face how pleased you are?
- C) Do you show your pleasure physically with a hug or a pat on the back, or do you give them a present?

☐  
☐  
☐

## When you try to work out what someone is feeling:

- A) Do you look at the expression on their faces?
- B) Do you listen to the tone of their voices?
- C) Do you watch the way they are moving?

☐  
☐  
☐

## When you are reading:

- A) Do you prefer to see demonstrations, diagrams, slides and pictures?
- B) Do you like someone to give you instructions, talks, lectures and explanations?
- C) Do you prefer to learn by doing things, roleplay or practical situations?

☐  
☐  
☐

## When you have nothing to do or you are filling in time and waiting:

- A) Do you look around, doodle, study something, watch people around you?
- B) Do you talk to yourself or chat to other people?
- C) Do you fidget, walk up and down, find something to do?

☐  
☐  
☐

## When you are talking:

- A) Do you dislike having to listen to someone for long?
- B) Do you enjoy listening to others and talking yourself as well?
- C) Do you move quite a bit and use gestures?

☐  
☐  
☐

## Do you remember:

- A) Funny things you have seen?
- B) Jokes and stories?
- C) Feeling and sensations?

☐  
☐  
☐

## Which is easiest:

- A) To concentrate on watching something?
- B) To concentrate on listening to something?
- C) To do an activity for a long time?

☐  
☐  
☐

## If you have learnt to drive:

- A) Did you find that you had to look down whenever you changed gear or braked?
- B) Did you find it easy to listen to the engine noise so you would know when to change gear?
- C) Did you find it all quite easy?

☐  
☐  
☐

## If you could would you choose to be:

- A) An artist or a photographer?
- B) A musician or composer?
- C) A sportsperson, athlete, rally driver, engineer?

☐  
☐  
☐

Now add you the total number of ticks for either A, B or C from the questions above and write it in the spaces below. See the next page to find out what the results mean.

<b>Totals</b>	<b>Total As</b>		<b>Total Bs</b>		<b>Total Cs</b>	
---------------	-----------------	--	-----------------	--	-----------------	--

# Learning Styles Questionnaire

## Learning Styles Questionnaire – Feedback

### How did you get on?

If you answered mostly As – you learn best by seeing.

If you answered mostly Bs – you learn best by hearing.

If you answered mostly Cs – you learn best by doing.

The person who learns best by <b>seeing</b> is a <b>visual</b> learner.	The person who learns best by <b>hearing</b> is an <b>auditory</b> learner.	The person who learns best by <b>doing</b> is a <b>kinaesthetic</b> learner.
---	---	--

### Tips for improving your learning:

If you are a **visual** learner:

- You will learn best when there is a lot of visual information; try using colour – pens and paper – to help sharpen your visual memory
- Practise using mind maps
- Make sure that your desk is tidy and clear from clutter before you start working
- Practice improving visual memory – ‘photograph’ information you need to learn
- Try playing classical music quietly in the background when you are concentrating.

If you are an **auditory** learner:

- You will learn best by listening and discussing
- You will be able to concentrate best in a quiet room; if this is not possible, play classical music very quietly on headphones – you may find that this works best if the volume is turned off in your right ear only
- Try using a tape recorder for learning material or for planning assignments
- Make sure you get copies of any visual material used in lessons
- Ask your tutor to explain things to you in words if you do not understand something.

If you are a **kinaesthetic** learner:

- You will learn best by doing things and practising
- Make sure that you get good notes from lessons – if necessary from someone else
- You may find it difficult to sit still and learn – this can be difficult in a classroom; try using something like worry beads or squeezing a ball if it is not possible to walk around.