* Auditory: 25%
* Visual: 20%
* Tactile: 55%

You are a **Tactile** learner!

**Tactile**

If you are a tactile learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands and with gestures, and you may have difficulty sitting still.

As a tactile learner, you like to take things apart and put things together, and you tend to find reasons to tinker or move around when you become bored. You may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process. You often communicate by touching, and you appreciate physically expressed forms of encouragement, such as a pat on the back.

Here are some things that tactile learners like you can do to learn better:

* Participate in activities that involve touching, building, moving, or drawing.
* Do lots of hands-on activities like completing art projects, taking walks, or acting out stories.
* It's OK to chew gum, walk around, or rock in a chair while reading or studying.
* Use flashcards and arrange them in groups to show relationships between ideas.
* Trace words with your finger to learn spelling (finger spelling).
* Take frequent breaks during reading or studying periods (frequent, but not long).
* It's OK to tap a pencil, shake your foot, or hold on to something while learning.
* Use a computer to reinforce learning through the sense of touch.

Remember that you learn best by **doing**, not just by reading, seeing, or hearing.

I don’t need frequent breaks, I do not often speak with my hands and gestures, I do not have difficulty sitting still, and I definitely do not have trouble remembering what I saw or heard from events or things that were done. But everything else is pretty accurate.

Do I think learning styles affect how we learn? To some extent maybe, but not to the degree a lot of people tend to think. It may affect how we learn in that if we aren’t practicing our preferred method of learning it may be easier for us to lose interest or get distracted, and in that way, it would affect our learning. But on a realistic mechanical level? I’m not so convinced.