

Learning Styles Quiz. [choose a, b, or c]

1. When I operate new equipment I generally:

- a) read the instructions first
- b) listen to an explanation from someone who has used it before
- c) go ahead and have a go, I can figure it out as I use it

2. When I need directions for travelling I usually:

- a) look at a map
- b) ask for spoken directions
- c) follow my nose and maybe use a compass

3. When I cook a new dish, I like to:

- a) follow a written recipe
- b) call a friend for an explanation
- c) follow my instincts, testing as I cook

4. If I am teaching someone something new, I tend to:

- a) write instructions down for them
- b) give them a verbal explanation
- c) demonstrate first and then let them have a go

5. I tend to say:

- a) watch how I do it
- b) listen to me explain
- c) you have a go

6. During my free time I most enjoy:

- a) going to museums and galleries
- b) listening to music and talking to my friends
- c) playing sport or doing DIY

7. When I go shopping for clothes, I tend to:

- a) imagine what they would look like on
- b) discuss them with the shop staff
- c) try them on and test them out

8. When I am choosing a vacation I usually:

- a) read lots of brochures
- b) listen to recommendations from friends
- c) imagine what it would be like to be there

9. If I was buying a new car, I would:

- a) read reviews in newspapers and magazines
- b) discuss what I need with my friends and experts
- c) test-drive lots of different types

10. When I am learning a new skill, I am most comfortable:

- a) watching what the teacher is doing
- b) talking through with the teacher exactly what I'm supposed to do
- c) giving it a try myself and work it out as I go

11. If I am choosing food off a menu, I tend to:

- a) see picture of what the food will look like
- b) talk through the options in my head or with my partner
- c) imagine what the food will taste like

12. When I listen to a band, I can't help:

- a) watching the band members and other people in the audience
- b) listening to the lyrics and the beats
- c) moving in time with the music

13. When I concentrate, I most often:

- a) focus on the words or the pictures in front of me
- b) discuss the problem and the possible solutions in my head
- c) move around a lot, fiddle with pens and pencils and touch things

14. My first memory is of:

- a) looking at something
- b) being spoken to
- c) doing something

15. When I am anxious, I:

- a) visualize the worst-case scenarios
- b) talk over in my head what worries me most
- c) can't sit still, fiddle and move around constantly

16. I feel especially connected to other people because of:

- a) how they look
- b) what they say to me
- c) how they make me feel

17. When I have to study for an exam, I generally:

- a) write lots of revision notes and diagrams
- b) talk over my notes, alone or with other people
- c) imagine making the movement or creating the formula

18. I really love:

- a) watching films, photography, looking at art or people watching
- b) listening to music, the radio or talking to friends
- c) taking part in sporting activities, eating fine foods and wines or dancing

19. I first notice how people:

- a) look and dress
- b) sound and speak
- c) stand and move

20. If I am angry, I tend to:

- a) keep replaying in my mind what it is that has upset me
- b) raise my voice and tell people how I feel
- c) stamp about, slam doors and physically demonstrate my anger

21. I find it easiest to remember:

- a) faces
- b) names
- c) things I have done

22. I remember things best by:

- a) writing notes or keeping printed details
- b) saying them aloud or repeating words and key points in my head
- c) doing and practicing the activity or imagining it being done

Now add up how many A's, B's and C's you selected.

A:

B:

C:

If you chose mostly A's you have a VISUAL learning style.

If you chose mostly B's you have an AUDITORY learning style.

If you chose mostly C's you have a KINESTHETIC learning style.

Someone with a **Visual** learning style has a preference for seen or observed things, including pictures, diagrams, demonstrations, displays, handouts, films, flip-chart, etc. These people will use phrases such as 'show me', 'let's have a look at that' and will be best able to perform a new task after reading the instructions or watching someone else do it first. These are the people who will work from lists and written directions and instructions.

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 **Kinesthetic** learning style has a preference for physical experience - touching, feeling, holding, doing, 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 rarely look at the instructions first!

People commonly have a **main preferred** learning style, but this will be part of a blend of all three. Some people have a very strong preference; other people have a more even mixture of two or less commonly, three styles. When you know your preferred learning style(s) you understand the type of learning that best suits you. This enables you to choose the types of learning that work best for you.

There is no right or wrong learning style. The point is that there are types of learning that are right for your own preferred learning style.

Visual Learners

IN CLASS:

Write in different colors

Underline, use highlighters,

Use symbols, charts, graphs, pictures, etc.

HOW TO STUDY:

Re-write your notes (Try to do this from memory if you can!)

Use flashcards

Redraw words with symbols or pictures that help you remember

Recall what your notes/textbooks pages look like

Draw whenever possible!

Auditory Learners

IN CLASS:

Discuss topics with your lecturers (in class if appropriate, or after class)

Record your lectures

Leave spaces in your lecture notes for filling in missing spots (while listening to the recorded lecture!)

HOW TO STUDY:

Describe the overheads, pictures and other visuals to somebody who was not there

Ask others to 'hear' your understanding of a topic (when you teach, you learn!)

Read your summarized notes aloud.

GO TO OFFICE HOURS

Study in quiet places

Kinesthetic Learners

IN CLASS:

Ask for a real life example in class if you do not understand the topic. (when/if appropriate)

Take classes with laboratories, field trips, field tours

Write down all examples of concepts that your instructor gives

Take special note of applications and hands-on approaches

HOW TO STUDY:

Put plenty of examples into your summary.

Watch YouTube tutorials (but don't get sidetracked with silly videos!!!)

Use case studies and applications to help with principles and abstract concepts

Come up with your own examples of concepts and verify with your instructor

Talk about your notes and collaborate with another kinesthetic learner

Write out step-by-step solutions to solving problems! (I do this before every exam!)

Show the process of problem solving to someone, step-by-step

Use pictures and/or photographs to illustrate an idea

Practice writing answers to old exam questions